

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk, entitled "Work and Cardiovascular and Cerebrovascular Diseases", on November 8 (Friday). The talk will introduce healthy lifestyles and tips on protecting the heart and brain in the workplace to enhance employers' and employees' awareness of cardiovascular and cerebrovascular diseases.

The talk will be given by the LD's occupational health nurse at 3pm in the Health Education Room of Fanling Occupational Health Clinic of the LD, 7/F, Fanling Health Centre, 2 Pik Fung Road, Fanling.

The LD will hold another talk, entitled "First Aid in the Workplace", on November 11 (Monday). The talk will cover basic knowledge of first aid and explain how to assist and handle employees injured from workplace accidents through case illustrations.

The talk will be given by the occupational health nurse at 7.15pm at the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

Both talks will be given in Cantonese. Admission is free but pre-registration is required. Interested participants can register online ([www.oshsreg.gov.hk](http://www.oshsreg.gov.hk)). For enquiries, please call 2852 4040.