

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Prevention of Lower Limb Disorders and Guidance Notes on Standing at Work" on January 6 (Monday). The talk will introduce symptoms of common lower limb disorders such as plantar fasciitis, varicose veins of lower limbs and osteoarthritis of the knee, as well as their treatment and preventive measures. Demonstrations and practice of workplace exercises will be included. Participants will also be briefed on the content of the LD's publication "Guidance Notes on Standing at Work and Service Counter Design".

The talk will be given by the LD's occupational hygienist and occupational health nurse at 3.30pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui.

The LD will hold another talk, entitled "Happy Workplace" on January 10 (Friday). The talk will explain the importance and essential elements of creating a happy workplace.

The talk will be given by the occupational health nurse at 3.30pm in the Health Education Room, Occupational Safety and Health Centre of the LD, G/F, Kwun Tong Community Health Centre Building, 60 Hip Wo Street, Kwun Tong.

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