

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational Stress" on February 20 (Thursday). The talk will introduce the symptoms and health impacts of occupational stress as well as some stress-coping strategies.

The talk will be given by the LD's occupational health nurse at 6.30pm at the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

The LD will hold another talk, entitled "Manual Handling Operations and Prevention of Back Injuries" on February 24 (Monday). The talk will introduce the structure and functions of the back, causes and preventive measures of back injuries, and proper manual handling operations, with demonstrations and practice of workplace exercises.

The talk will be given by the occupational hygienist and occupational health nurse at 3.30pm at the Lecture Hall of the Hong Kong Science Museum, 2 Science Museum Road, Tsim Sha Tsui East.

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.