

Red flag hoisted at Silverstrand Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (November 25) that due to big waves, the red flag has been hoisted at Silverstrand Beach in Sai Kung District. Beach-goers are advised not to swim at the beach.

Award Presentation Ceremony cum Variety Show of Catering Industry Safety Award Scheme postponed

The Labour Department today (November 25) announced that, in light of unforeseeable traffic conditions, the Award Presentation Ceremony cum Variety Show of Catering Industry Safety Award Scheme 2019/2020, originally scheduled for tomorrow (November 26) from 2.30pm to 5pm at MacPherson Stadium, 38 Nelson Street, Mong Kok, will be postponed to a later date until further notice.

District Council Ordinary Election results (1100)

Following are the latest results of the 2019 District Council Ordinary Election as at 11am today (November 25):

District: Kowloon City

<u>Constituency</u>	<u>Candidates</u>	<u>obtained</u>
No. of votes		

Oi Chun	Cho Wui Hung	3,268*
	Chan Lai Kwan	3,237
	Leung Ka Lee	454

* elected

[Mail delivery services to Japan and Lebanon return to normal](#)

Hongkong Post announced today (November 25) that, as advised by the postal administrations of Japan and Lebanon, mail delivery services (including Speedpost service) to Japan and airmail services (including Speedpost service) to Lebanon have returned to normal.

[Labour Department to hold occupational health public talks](#)

The Labour Department (LD) will hold a public talk entitled "Prevention of musculoskeletal disorders for office workers" on December 2 (Monday). Through analysing the causes and preventive measures of musculoskeletal disorders, the talk aims to enhance office workers' awareness of musculoskeletal disorders of the back and upper limbs arising from prolonged repetitive movements or improper sitting posture.

The talk will be held at 3pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui. The LD's occupational hygienist and the occupational health nurse will lead a demonstration and practice of workplace exercise.

The LD will hold another talk entitled "Occupational stress" on December 5 (Thursday) to introduce the symptoms and health impacts of occupational stress as well as some effective stress-coping strategies.

The talk will be given by the LD's occupational health nurse at 3pm in Activity Room 1, G/F, Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

Both talks will be conducted in Cantonese. Admission is free. For

enquiries or registration, please call 2852 4040.