

# **Appointments to Occupational Safety and Health Council**

The Government today (August 16) made the following re-appointments to the Occupational Safety and Health Council for a term of two years starting from August 22, 2019:

Chairman  
Dr Alan Chan Hoi-shou

Vice-chairman  
Mr Chan Wing-on

Members  
Ms Ng Wai-yee  
Mr Tsui Wai-tim

The Council is constituted under the Occupational Safety and Health Council Ordinance with the objective of fostering a safe and healthy working environment in Hong Kong. The appointments were published in the Gazette today.

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## **Red flags hoisted at some beaches**

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 (August 16) that due to big waves, red flags have been hoisted at Hung Shing Yeh Beach, Lo So Shing Beach, Pui O Beach, Upper Cheung Sha Beach and Tong Fuk Beach in Islands District. Beach-goers are advised not to swim at these beaches.

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## **Appointment of Chairman of Legal Aid**

# Services Council

The Government announced today (August 16) that the Chief Executive has appointed Dr William Leung Wing-cheung as the Chairman of the Legal Aid Services Council (the Council) for a term of two years with effect from September 1, 2019.

"We would like to thank the outgoing Chairman, Dr Eric Li Ka-cheung, for his exemplary leadership and sterling contribution to the work of the Council during his term of service, ensuring quality and efficient legal aid services for the public," a Government spokesman said.

Established under the Legal Aid Services Council Ordinance (Cap. 489), the Council is responsible for overseeing the administration of the legal aid services provided by the Legal Aid Department and advising the Chief Executive on legal aid policy. The Council comprises a chairman and members who are not connected with the practice of law, barrister members and solicitor members nominated by the Hong Kong Bar Association and the Law Society of Hong Kong respectively, and the Director of Legal Aid. The membership list is attached at Annex.

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## CHP reminds public on precautions against heat stroke during very hot weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (August 16) reminded members of the public, particularly those undertaking outdoor activities, to take heed of necessary measures against heat stroke and sunburn in very hot weather.

"The public should carry and drink plenty of water to prevent dehydration while engaging in outdoor activities," a spokesman for the CHP said.

"Those engaged in strenuous outdoor activities should avoid beverages containing caffeine, such as coffee and tea, as well as alcohol, as they speed up water loss through the urinary system," the spokesman explained.

"The obese, the sick, including those with heart disease or high blood pressure, the old and the young are more vulnerable to heat-related illnesses. They should pay special attention," the spokesman added.

The public should adopt the following precautions:

- Wear loose and light-coloured clothing to reduce heat absorption and facilitate sweat evaporation and heat dissipation;
- Avoid vigorous exercise and prolonged activities like hiking or trekking as heat, sweating and exhaustion place additional demands on the physique;
- Perform outdoor activities in the morning or late afternoon;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation; and
- Reschedule work to cooler times of the day.

If working in a hot environment is inevitable, introduce shade in the workplace where practicable, and start work slowly and pick up the pace gradually. Get into a cool area for rest at regular intervals to allow the body to recuperate.

The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index remains high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear loose long-sleeved clothing made of close-woven fabrics;
- Wear a wide brim hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;
- Apply a broad-spectrum sunscreen lotion with a sun protection factor (SPF) of 15 or above. Apply liberally and reapply after swimming or sweating; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

If symptoms develop, such as dizziness, headache, nausea, shortness of breath or confusion, rest and seek help immediately, and seek medical advice as soon as possible.

The public may get more information from the DH's Health Education Hotline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather and forecast](#), [UV Index](#) and weather information for [hiking and mountaineering](#); and [press releases](#) of the Labour Department on precautions against heat stroke for outdoor workers and their employers when the Very Hot Weather Warning is in force.

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## **[Assess the risk of heat stroke to](#)**

# employees

Attention duty announcers, radio and TV stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals when the Very Hot Weather Warning is in force:

The Labour Department reminds employers that as the Very Hot Weather Warning is in force, they should assess the risk of heat stroke to their employees and adopt effective preventive measures such as providing cool drinking water, setting up temporary sunshade and providing mechanical aids to reduce physical exertion of employees. Employees should drink water regularly and be mindful of their physical condition. If early heat stroke symptoms such as headache and thirst appear, they should rest in a cool or shady place and drink water immediately. They should also inform their supervisors to take appropriate actions.