

Lifesaving services at Golden Beach resume

Attention TV/Radio Announcers:

Please broadcast the following as soon as possible and repeat it at regular intervals:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department has announced that the lifesaving services at Golden Beach in Tuen Mun District resumed today (August 7). The lifesaving services at the beach were suspended earlier due to an insufficient number of lifeguards on duty.

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 7) 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.

[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.

Very Hot Weather Warning issued

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

The Hong Kong Observatory has issued the Very Hot Weather Warning.

To prevent heat stroke, avoid prolonged activities outdoors.

If engaged in outdoor work or activities, wear a wide-brimmed hat and light-coloured, loose-fitting clothes. Stay in shaded areas as much as possible.

Drink plenty of water, and avoid beverages containing caffeine or alcohol.

If you feel sick, consult a doctor right away.

Piano and Pipa Duo Recital by Linda Yim and Zhang Ying in September

Local artist Linda Yim and Zhang Ying will demonstrate their superb musical skills by playing a variety of compositions in a recital in September.

"Piano and Pipa Duo Recital by Linda Yim and Zhang Ying" is presented by the Leisure and Cultural Services Department (LCSD) as part of its City Hall

Virtuosi Series.

The programme will include the world première of "Moonlit" (re-arranged by Austin Yip from "Moonlight over the Spring River"), Joyce Tang's "Moon Shadow" and Ng Cheuk-yin's "Not a Quiet Night"; "Spring of Tianshan" (arranged by Wang Fandi), Ravel's "Jeux d'eau", Ren Hongxiang's "Reminiscences by the Wei River", Arensky's "Etude (on a Chinese Theme), Op. 25, No. 3", Wang Danhong's "Dress of Clouds, Face of Flowers", "The Moon Rises High" (Wei Zhongyue's recital score) and Tan Dun's Sonata for Piano "The Banquet" (Hong Kong première).

Linda Yim is a member of the Hong Kong New Music Ensemble and currently teaches at the Hong Kong Baptist University and the Education University of Hong Kong. She is proactive in promoting classical and modern music education. She has also appeared as a guest performer in numerous modern music festivals in Shanghai, Malaysia, Cambodia and Korea. Yim graduated cum laude from the Hong Kong Baptist University, the Hong Kong Academy for Performing Arts, the Royal College of Music in London and the Sydney Conservatorium of Music at the University of Sydney, where she obtained her Master of Music Studies degree majoring in piano. She studied piano under the tutelage of Shao Yuanxin, Nancy Loo, Niel Immermann, Stephanie McCallum and Irina Zaritzkaya.

Apart from performing solo regularly, Yim is also recognised as a fine accompanist and performer of chamber music. The ensembles she has performed with include the Hong Kong Philharmonic Orchestra, the Hong Kong Chinese Orchestra, Hong Kong Bach Choir and Zuni Icosahedron. She has performed in the Mainland, Taiwan, Malaysia, Australia and the United Kingdom. Apart from the piano, Yim also plays the harpsichord and organ, having appeared in many orchestral and philharmonic performances. She has been the rehearsal pianist for the Hong Kong Philharmonic Chorus and the Hong Kong Arts Festival.

Zhang Ying is currently Principal Pipa of the Hong Kong Chinese Orchestra as well as an academic staff member of the School of Music of the Hong Kong Academy for Performing Arts. Zhang teaches at the Chinese University of Hong Kong, the Hong Kong Baptist University and the Education University of Hong Kong. She is also the founder of the Yue Pipa Ensemble.

Zhang graduated from the China Conservatory of Music with a Master's degree. She has studied pipa with Zhao Yinan, Li Guixiang, Wu Junsheng, Ren Hong and Yang Jing, and has won numerous awards in various competitions, including the Silver Award for Pipa Specialism, Youth Section, at the 1st Chinese Instrumental Music Competition organised by the Ministry of Culture. She won the First Prize in the Youth Specialism Section at the 3rd "Longyin Cup" International Ethnic Instrument of China Competition (Pipa). Zhang has performed in many places including the United States, the United Kingdom, New Zealand, Canada, Russia, Korea, Norway, Germany, the Czech Republic, Singapore and Finland. She has also held recitals in Hong Kong, the Mainland and Taipei. She was the artist-in-residence of RTHK Radio 4 in 2016, giving prerecorded interviews and performing in live broadcasts. Her record release includes a solo album for pipa, "Dancing in the Wind".

"City Hall Virtuosi Series: Piano and Pipa Duo Recital by Linda Yim and Zhang Ying" will be held at 8pm on September 1 (Sunday) at the Theatre of Hong Kong City Hall. Tickets priced at \$150 and \$200 are now available at URBIX (www.urbtix.hk). For telephone credit card bookings, please call 2111 5999. For programme enquiries and concessionary schemes, please call 2268 7321 or visit www.lcsd.gov.hk/CE/CulturalService/Programme/en/music/programs_821.html.