

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 (July 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 inform their supervisors and seek medical help immediately.

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.

Police appeal to the public to express views peacefully and rationally

Police received a notification from an organisation of its intention to hold a public order event in Kowloon today (July 7). After processing in accordance with the established mechanism, Police issued the Letter of No Objection to the organiser on July 5. The public meeting will be held at Salisbury Garden in Tsim Sha Tsui at around 3.30pm while the public procession will start by 4.00pm towards West Kowloon Station (WKS). Police anticipate that the traffic in the vicinity of Tsim Sha Tsui will be very congested during the event. Members of the public are advised to avoid driving to the above area and make use of public transport services as far as possible.

Police respect the public's freedoms of expression, speech and assembly. It is the policy of Police to facilitate all peaceful public events while at the same time ensuring public safety and public order. Members of the public should express their views in a peaceful and orderly manner. They should also follow the instructions of Police officers at scene or the marshals of the organiser.

Police also noticed that some people on the Internet and social media had called on members of the public to take part in non-cooperation movements which involve various illegal acts such as provoking Police officers or storming buildings. Members of the public should comply with the laws of Hong Kong and maintain social order when expressing their views. Should there be any confrontation, they should protect their own safety, maintain a safe distance from the violent protestors or leave the scene immediately so as to give Police enough space to deal with any violent and unlawful acts. If the public spot any suspicious persons or objects, they should inform Police under safety circumstances.

In order to facilitate the public order event in Kowloon today, the

Transport Department will implement a series of special traffic arrangements in the afternoon where some roads in Tsim Sha Tsui will be temporarily closed and public transport will also be correspondingly diverted. Police officers will be on-site to guide motorists. Motorists should exercise tolerance and patience in case of traffic congestion, and observe the instructions given by the Police.

In addition, the MTR Corporation has announced that some special logistics arrangement will be in place at WKS today. Members of the public and tourists are advised to plan their journey in advance and pay attention to the latest traffic announcements to avoid any delay caused by road closure and traffic diversions.

Companies Registry releases statistics for first half of 2019

The total number of local companies registered under the Companies Ordinance was 1,381,924 at the end of June this year, according to the statistics released by the Companies Registry today (July 7).

A total of 64,051 local companies were newly registered during the first half of 2019, among which 23,751 were incorporated online at the e-Registry (www.eregistry.gov.hk) or via the "CR eFiling" mobile application.

The Companies (Amendment) (No. 2) Ordinance 2018 commenced operation on February 1, 2019. "The Amendment Ordinance seeks to improve the clarity and operation of the Companies Ordinance and further facilitate business in Hong Kong," said the Registrar of Companies, Ms Ada Chung. The accounting-related provisions have also been updated to reflect the latest accounting standards and to expand the types of corporate groups which qualify for simplified reporting.

In addition, the Non-Hong Kong Companies (Disclosure of Company Name, Place of Incorporation and Members' Limited Liability) Regulation (Cap. 622M) will come into operation on August 1, 2019 to align the disclosure obligations of non-Hong Kong companies with those of Hong Kong companies.

Regarding non-Hong Kong companies that have established a place of business in Hong Kong, 907 companies were newly registered under the Companies Ordinance in the first half of 2019, compared to 601 in the second half of 2018. The total number of registered non-Hong Kong companies had reached 11,708 by the end of June 2019.

The number of charges on assets of companies received for registration in the first half of this year was 9,983, a 14.57 per cent decrease from 11,686 in the second half of 2018. The number of notifications of payments

and releases received for registration in the first half of this year was 9,800, a decrease of 19.60 per cent compared to 12,189 in the second half of 2018.

The number of documents delivered for registration during the first six months of 2019 decreased by 5.92 per cent to 1,753,002, compared to 1,863,345 in the second half of 2018.

A total of 2,588,991 searches of document image records were conducted using the Registry's electronic search services in the first half of 2019, an increase of 2.88 per cent compared to the figure of 2,516,429 in the second half of 2018.

Turning to the licensing of trust or company service providers under the Anti-Money Laundering and Counter-Terrorist Financing Ordinance, during the first half of 2019, a total of 479 trust or company service provider licences were granted, making the total number of licensees reached 6,576.

For details of the half-yearly statistics, please visit the "Statistics" section of the Registry's website (www.cr.gov.hk).