

Lifesaving services suspended at Hap Mun Bay and Kiu Tsui beaches

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 announced today (September 15) that as lifeguards are unable to go to Hap Mun Bay Beach and Kiu Tsui Beach in Sai Kung District by ferry due to rough sea conditions, lifesaving services at these beaches have been suspended until further notice. Beach-goers are advised not to swim at these beaches until further notice.

Red flags hoisted at Trio Beach and Clear Water Bay First 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 (September 15) that due to big waves, red flags have been hoisted at Trio Beach and Clear Water Bay First Beach in Sai Kung District. Beach-goers are advised not to swim at these beaches.

Recruitment for six civil service graduate grades starts today

The Government started a recruitment exercise today (September 15) for appointment as Administrative Officer, Executive Officer II, Assistant Labour Officer II, Assistant Trade Officer II, Management Services Officer II and Transport Officer II in 2018-19. The respective recruitment targets are set

out below:

Posts	Recruitment target
Administrative Officer	48
Executive Officer II	150
Assistant Labour Officer II	28
Assistant Trade Officer II	5
Management Services Officer II	10
Transport Officer II	64

The application period for the above posts opened today and closes at 5pm on October 5 Hong Kong time. The recruitment is open to all permanent residents of the Hong Kong Special Administrative Region (HKSAR) who meet the relevant entry requirements. Details of the entry requirements for these posts have been uploaded to the Civil Service Bureau (CSB) homepage at www.csb.gov.hk, as well as at the HKSAR Government portal (GovHK) at www.gov.hk. For the recruitment of Administrative Officers, relevant information is also available on a dedicated website at www.ao-recruitment.gov.hk.

All applicants need to obtain Level 2 in the two language papers (Use of Chinese and Use of English) or equivalent results and a Pass in the Aptitude Test in the Common Recruitment Examination (CRE) as part of the entry requirements for these posts. In addition, the result of the Basic Law Test (BLT) will constitute an appropriate weighting in an applicant's overall assessment. Applicants who do not possess the requisite CRE results, or equivalent, but have applied for the coming CRE and BLT (Degree/Professional Grades) scheduled to be held on October 6 in Hong Kong or on December 8 in seven cities outside Hong Kong (namely Beijing, London, San Francisco, New York, Toronto, Vancouver and Sydney) may also apply. Their applications will be processed subject to their obtaining the requisite CRE results.

Eligible applicants possessing the requisite CRE results, or equivalent, will be arranged to attend the Joint Administrative Officer/Executive Officer/Labour Officer/Trade Officer/Management Services Officer/Transport Officer Recruitment Examination (JRE) on December 8. Candidates residing or studying outside Hong Kong may take the JRE on the same date in any one of the seven cities outside Hong Kong mentioned above.

Applicants can make online applications directly through the CSB's website at www.csb.gov.hk. Alternatively, application forms (CSB 606 (Rev. 9/2018) and CSB 606A (Rev. 9/2018)) can be downloaded from the CSB's website. They are also available at Home Affairs Enquiry Centres of the Home Affairs Department, Job Centres of the Employment Services Division of the Labour Department, or the Information Counter on 1/F of Trade and Industry Tower.

Each applicant should submit only one application, either online, by post or by hand. Duplicate applications may cause delay in processing and

notifying applicants of their examination details. For applications submitted by post, please ensure that the correct address is clearly printed or written on the envelope and sufficient postage has been paid before posting. Mail items bearing insufficient postage will not be delivered and will be returned to the sender or disposed of by Hongkong Post, where appropriate.

Tourism Commission launches new “Visit Hong Kong” website

The Tourism Commission today (September 15) launched the first official landing page for visitors – “Visit Hong Kong” (visithongkong.gov.hk). It is aimed particularly at those just arriving in Hong Kong to help them access Hong Kong tourism information via mobile devices.

The “Visit Hong Kong” website is a one-stop platform for useful tourist information, including terminal facilities, events/festivals and attractions in Hong Kong, transport to/from tourist attractions, shopping, dining, hotels and promotional offers to assist visitors in their itinerary planning. Tourists arriving at Hong Kong International Airport can also click on the link provided through the free Wi-Fi services at the airport to visit the landing page.

A spokesman for the Tourism Commission said, “The landing page adopts a clear and simple design in displaying tourist information, and it provides a function for tourists to share the content of the landing page through social media platforms. The landing page also adopts a responsive web design which enables an automatic adjustment of page size and content in mobile phones and tablet computers, so as to facilitate a smoother browsing experience for users.”

The spokesman added that the landing page will be extended to other control points including the soon-to-be-commissioned West Kowloon Station of Guangzhou-Shenzhen-Hong Kong Express Rail Link and Hong Kong Boundary Crossing Facilities of Hong Kong-Zhuhai-Macao Bridge.

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 (September 15) 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.