

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Prevention of Lower Limb Disorders and Guidance Notes on Standing at Work" on October 14 (Monday). The talk will introduce symptoms of common lower limb disorders such as plantar fasciitis, varicose veins of lower limbs and osteoarthritis of the knee, as well as their treatment and preventive measures. Demonstrations and practice of workplace exercises will be included. Participants will also be briefed on the content of the LD's publication "Guidance Notes on Standing at Work and Service Counter Design".

The talk will be given by the LD's occupational hygienist and occupational health nurse at 3.30pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui.

The LD will hold another talk, entitled "Infection Control in the Workplace", on October 16 (Wednesday). The talk, designed for employees who may come into contact with pathogenic bacteria and viruses in their workplace, will explain how micro-organisms enter human body and affect people's health. The concept of infection control in the workplace will also be covered.

The talk will be given by the occupational health nurse at 3.30pm at the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

Both talks will be given in Cantonese. Admission is free but pre-registration is required. Interested participants can register online (www.oshsreg.gov.hk). For enquiries, please call 2852 4040.

“Roving Exhibition on the 75th Anniversary of the Founding of People’s Republic of China” to be held this Saturday and Sunday

â€‹The following is issued on behalf of the Committee on the Promotion of Civic Education:

The Home and Youth Affairs Bureau and the Committee on the Promotion of

Civic Education (CPCE) will organise the "Roving Exhibition on the 75th Anniversary of the Founding of the People's Republic of China" (note) this Saturday and Sunday (October 5 and 6) from 11am to 7pm at the Interactive Wall Area, G/F, Central Market. Members of the public are invited to visit.

The Roving Exhibition aims to promote patriotic education and introduce the establishment of the People's Republic of China, the national flag, the national emblem and the national anthem, major national events in the past 75 years and the country's latest developments and remarkable achievements. There will also be games and distribution of souvenirs.

An online exhibition is also available and members of the public are welcome to visit the [Civic Education Resource Centre website](#) from October 5 onwards.

The CPCE is a non-statutory advisory body. It advises the Government on the promotion of civic education outside schools, launches various publicity and educational programmes in the community, and provides sponsorship to eligible organisations for promoting civic education and national education.

For details, please call 2708 2455 or visit the [CPCE's website](#).

Note: The panel contents of the exhibition are in Chinese only.

Rates and Government rent due October 31

Demands for rates and/or Government rent for the quarter from October to December 2024 have been issued, and payment should be made by October 31, 2024.

Payment can be made:

(1) by using autopay, the Faster Payment System (FPS), PPS, Internet banking or bank automated teller machines (ATMs);

(2) by uploading an e-Cheque/e-Cashier Order via the Pay e-Cheque portal: www.payecheque.gov.hk;

(3) by sending a crossed cheque to the Treasury, PO Box No. 28000, Sham Shui Po Post Office, Hong Kong (please note that mail with insufficient postage will be rejected); or

(4) in person at any of the post offices or designated convenience stores in Hong Kong (i.e. 7-Eleven, Circle K, VanGo or U select). For the addresses and opening hours of post offices, please call Hongkong Post enquiry hotline on

2921 2222 or visit its website: www.hongkongpost.hk.

If payers have not received the demands, they may obtain replacement demands or enquire as to the amount payable by (i) visiting the Rating and Valuation Department website: www.rvd.gov.hk; (ii) calling 2152 0111; (iii) fax 2152 0113; or (iv) visiting in person at the Rating and Valuation Department, 15/F, Cheung Sha Wan Government Offices, 303 Cheung Sha Wan Road, Kowloon.

Please note that there will be no rates concession for this and the next quarters. The total amount due is shown on the demand. Non-receipt or late receipt of demand does not alter the requirement that the total amount due must be paid on or before October 31, 2024. A surcharge of 5 per cent will be imposed for late payment. A further surcharge of 10 per cent will be levied on the amount (including the 5 per cent surcharge) which remains unpaid six months after the last day for payment.

For payment by autopay, the rates and/or Government rent will be debited from payers' bank accounts on October 31, 2024. Payers should ensure that there are sufficient funds in their bank accounts to meet the payments on that date until settlement.

To support environmental protection, payers are advised to utilise the Rating and Valuation Department free eRVD Bill service to receive e-bills and make payments. Payers are also encouraged to settle bills by autopay or other means of e-payment (e.g. PPS, ATMs, Internet banking or e-Cheque/e-Cashier Order) in order to save queuing time. Application forms for autopay are obtainable from the Rating and Valuation Department, District Offices and major banks in Hong Kong or by telephoning 2152 0111. Payers may also download the form from the Rating and Valuation Department website.

AFCD urges grave sweepers to prevent hill fires

The Agriculture, Fisheries and Conservation Department (AFCD) today (October 4) reminded people paying tribute to ancestors at graveyards in the countryside during the Chung Yeung Festival period to exercise caution and prevent hill fires.

An AFCD spokesman said it is an offence under the Forests and Countryside Ordinance (Cap. 96) to leave behind kindling or burn offerings without considering fire risks in the countryside. Any person who contravenes the ordinance may be prosecuted and is liable to a maximum fine of \$25,000 and one year's imprisonment upon conviction.

AFCD staff will step up patrols at graveyards in the countryside during

the Chung Yeung Festival period and take enforcement action against any irregularities.

The majority of hill fires in the countryside are caused by human negligence. Accidents can be prevented if grave sweepers observe some simple guidelines:

- * Remove weeds around graves with tools and never burn weeds;
- * Burning should only be done inside a container or iron bucket;
- * Never leave burning offerings unattended; and
- * Make sure all kindling is put out before leaving.

The spokesman said that metal containers for burning offerings properly will be handed out to grave sweepers who have such a need at suitable locations in country parks during the Chung Yeung Festival. The AFCD will also patrol hill fire black spots and distribute hill fire prevention leaflets together with the Fire Services Department, the Hong Kong Police Force and the Civil Aid Service.

Members of the public are reminded to keep the countryside clean and properly clean up their offerings or rubbish.

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 (October 4) that due to big waves, red flags have been hoisted at Stanley Main Beach, Shek O Beach and Big Wave Bay Beach in Southern District, Hong Kong Island; and Silverstrand Beach and Clear Water Bay Second Beach in Sai Kung District. Beachgoers are advised not to swim at these beaches.