

# Employers and employees should take precautions against heat stroke

As the Hong Kong Observatory has issued the Very Hot Weather Warning, the Labour Department (LD) reminds employers and employees to take appropriate precautions to prevent heat stroke.

Heat stroke could occur if an employee works in a hot or humid environment for prolonged periods of time, as the body may fail to regulate its temperature by effective heat dissipation through sweating.

The early symptoms of heat stroke include feeling thirsty, fatigue, nausea and headache. Later, the victim may experience shortness of breath, rapid and weak pulse, dizziness, confusion or even loss of consciousness and convulsion.

For example, construction workers, cleaning workers, kitchen workers and porters are more prone to heat stroke when working for long hours in such an environment, especially if appropriate preventive measures have not been taken.

The LD reminds employers to arrange for a suitable assessment of the risk of heat stress in the work environment and take appropriate preventive measures. The LD has produced two leaflets entitled "Checklist for Heat Stress Assessment at Construction Sites" and "Checklist for Heat Stress Assessment at Outdoor Cleansing Workplaces" respectively. Employers engaged in construction or outdoor cleaning work are advised to refer to these checklists in assessing the risk of heat stress at their workplaces. As for heat stress assessment at a workplace in general, employers can refer to a booklet entitled "Risk Assessment for the Prevention of Heat Stroke at Work" produced by the LD.

The LD also reminds employers and employees to take the following precautions to prevent heat stroke:

## Employers

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- (1) Take heed of the weather report and adopt shift work arrangements for employees to reduce their exposure to the hot environment, or arrange appropriate rest breaks for them during very hot periods;
- (2) Avoid working under direct sunlight and set up temporary sunshade wherever possible;
- (3) Provide cool potable water for employees at all times during work. If necessary, provide drinks containing minerals for employees to replenish loss of electrolytes during profuse sweating;
- (4) Minimise physical demands by using tools or mechanical aids at work;
- (5) Increase air flow by enhancing ventilation or air-conditioning as appropriate;

- (6) Isolate heat-generating facilities at the workplace and use insulating materials to minimise heat dissipation to the other work areas; and
- (7) Provide relevant information and training for employees on heat stroke such as preventive measures and first aid treatment.

## Employees

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- (1) Wear clothing made of suitable materials (for example, cotton) that is loose-fitting and light-coloured to help heat dissipation, minimise heat absorption and allow sweat evaporation;
- (2) Wear a wide-brimmed hat when working outdoors;
- (3) Drink plenty of water or other appropriate beverages to replenish the fluids and electrolytes lost through sweating; and
- (4) Whenever there are any symptoms of heat stroke, inform supervisors and take appropriate actions immediately.

Some employees may have difficulty in adapting to a hot working environment owing to their own health conditions. Employers should take this into account and consider the recommendations of their doctors when assigning work to these employees.

In addition to the publications on risk assessment, the LD has produced a leaflet entitled "Prevention of Heat Stroke at Work in a Hot Environment" for the public. The publications can be obtained free of charge from the offices of the Occupational Health Service of the LD, or downloaded from the department's webpage at [www.labour.gov.hk/eng/public/content2\\_9.htm](http://www.labour.gov.hk/eng/public/content2_9.htm).

The LD organises occupational health talks in public places and at its own training venues regularly to raise employers' and employees' awareness of occupational health. Details of health talks on the prevention of heat stroke at work in June to September are as follows:

### (A)

Dates: June 19 and 26; July 9 and 24; August 2, 13 and 30; and September 13 and 24 (am);  
June 22; July 5, 20 and 30; August 8 and 22; and September 5, 20 and 27 (pm)  
Time: Half-day  
Venue: Occupational Safety and Health Training Centre of the Labour Department, 13/F, Kolour Tsuen Wan I, 68 Chung On Street, Tsuen Wan, New Territories

### (B)

Dates: July 13 and 27 and August 10 and 20  
Time: Half-day, morning  
Venue: Occupational Safety and Health Centre of the Labour Department, G/F, Kwun Tong Community Health Centre Building, 60 Hip Wo Street, Kwun Tong (MTR Kwun Tong Station Exit A1)

### (C)

Date: June 13 and August 13  
Time: 3pm to 4.30pm

Venue: Lecture Hall, Hong Kong Space Museum, 10 Salisbury Road,  
Tsim Sha Tsui, Kowloon (MTR Tsim Sha Tsui Station Exit E)

(D)

Date: July 16 and September 14

Time: 3pm to 4.30pm

Venue: Activity Room I, Hong Kong Central Library, 66 Causeway Road,  
Causeway Bay, Hong Kong

(Opposite Victoria Park, MTR Tin Hau Station Exit B)

For enrolment or enquiries about these occupational health talks, please call 2852 4040 or 2361 8240 (for talks organised at the Occupational Safety and Health Centre). Moreover, the LD also provides an outreach health education service and occupational health nurses will, on invitation, disseminate occupational health information at workplaces at a convenient time. Please contact the nursing officer at 2852 4062 for details. All these health talks are free of charge.

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## **Office of The Ombudsman announces results of direct investigation into Immigration Department's mechanism for following up on cases of unregistered birth**

The following is issued on behalf of the Office of The Ombudsman:

The Ombudsman, Ms Connie Lau, today (June 11) announced the completion of a direct investigation into the mechanism for following up on cases of unregistered birth by the Immigration Department (ImmD). The investigation report has been uploaded to the Office of The Ombudsman website at [www.ombudsman.hk](http://www.ombudsman.hk) for public viewing.

A tragedy happened in Hong Kong in which a 15-year-old girl plunged to her death from a building. It was later discovered that the girl and her younger sister were born in Hong Kong, but their parents had never registered their births. In view of the public outcry arising from the incident, the Office decided to launch this direct investigation.

The Office's investigation found that prior to the tragic incident, ImmD's follow-up actions on cases of unregistered birth were feeble and ineffective. The department only sent out reminders in a routine manner to alert the parents concerned but never referred such cases to its

Investigation Division, let alone instituted any prosecution. The situation was extremely undesirable as the follow-up procedure under ImmD's old mechanism was tantamount to inaction. In the wake of the tragedy, ImmD immediately reviewed its practice and introduced a new follow-up mechanism. Nevertheless, upon examination, the Office found that there is still room for further improvement. In particular, the cases often involve complicated family problems and call for the department's early intervention.

In this light, the Office made four recommendations to ImmD for improvement:

1. to collaborate with hospitals to solve the problem of incomplete address on birth returns;
2. to initiate early intervention in cases of unregistered births;
3. to enhance its public education campaign; and
4. to examine possible ways to strengthen the existing follow-up mechanism, including the feasibility of establishing a mandatory notification mechanism.

The department has accepted all the recommendations and implemented some already.

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## Red flag hoisted at Hung Shing Yeh 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 (June 11) that due to big waves, the red flag has been hoisted at Hung Shing Yeh Beach in Islands District. Beach-goers are advised not to swim at the beach.

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## Hongkong Post holiday arrangements for Tuen Ng Festival

Hongkong Post today (June 11) announced the postal service arrangements

for the Tuen Ng Festival on June 18. No mail delivery and no mail collection will be provided. All post offices will be closed except for the General Post Office and the Airport Post Office. The business hours of these two offices will be from noon to 5pm and 8am to 5pm respectively. General postal services will be provided. Details of services available will be advertised at the respective post offices.

For more information, customers may visit the Hongkong Post website at [www.hongkongpost.hk](http://www.hongkongpost.hk) or call the Hongkong Post enquiry hotline at 2921 2222.

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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 (June 11) 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.