

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 4) 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.

"Infants and children, the elderly, pregnant women, those with chronic illnesses such as heart disease or high blood pressure, outdoor/manual workers, and individuals who are overweight are more vulnerable to heat stroke. 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 can place additional demands on the physique;
- Perform outdoor activities in the morning or the late afternoon, if possible;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation;
- Do not stay inside a parked vehicle; and
- Reschedule work to cooler times of the day if feasible. If working in a hot environment is inevitable, introduce shade in the workplace where practicable. Start work slowly and pick up the pace gradually. Move to a cool area for rest at regular intervals to allow the body to recuperate.

â€‹The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index is high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear long-sleeved and loose-fitting clothes;

- Wear a wide-brimmed hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;
- Apply a broad-spectrum sunscreen lotion with a minimum sun protection factor (SPF) of 15, preferably higher. Reapply every two hours if you stay out in the sun, and after swimming, sweating or towelling off; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

â€œIf 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.

â€œThe public may obtain more information from the DH's Health Education Infoline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather report 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.

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.

Employers, contractors and employees should be aware of electrical safety at work during rainstorm

As the rainstorm warning has been issued by the Hong Kong Observatory, the Labour Department (LD) reminds employers and contractors that they should adopt necessary work arrangements and take suitable safety measures to protect the safety of their employees when they are carrying out electrical work or handling electrical plant.

A spokesman for the LD said today (September 3) that employers and contractors should avoid assigning employees to carry out electrical work (like electric arc welding work) or handle electrical plant at places affected by rainstorms, and should refer to the "Code of Practice in Times of Adverse Weather and 'Extreme Conditions'" and the "Guide on Safety at Work in times of Inclement Weather" issued by the LD.

Even if electrical work is carried out or electrical plant is handled at places not affected by the rainstorm, suitable safety measures must still be adopted to prevent electric shock as the air would be more humid. Such measures include:

- (i) Ensure that all live parts of an electrical installation are isolated from the power supply source and rendered dead, and the isolation from the power supply source must be maintained as long as electrical work is being carried out;
- (ii) Before carrying out any electrical work or handling any electrical plant, cut off and lock out the power supply source, then test the circuit concerned to confirm it is dead and display suitable warning notices, and issue a work permit thereafter;
- (iii) Ensure that protective devices (such as suitable and adequate fuses and circuit breakers) for the electrical installations or electrical plant have been installed and maintained in good working order, and portable electric tools must be double-insulated or properly earthed;
- (iv) Provide suitable personal protective equipment such as insulating gloves and insulating mats for employees; and
- (v) If live electrical work is unavoidable, a comprehensive risk assessment should be conducted by a competent person and the appropriate safety precautions should be taken to remove or properly control the electrical hazards involved before such work can proceed.

In addition, employees should co-operate with the employer or contractor to follow the safety instructions and use the safety equipment provided.

The LD has published guidebooks and leaflets on electrical work safety.

These safety publications are available free from divisional offices of the department or can be downloaded from its website (www.labour.gov.hk/eng/public/content2_8.htm).

Should there be any questions about occupational safety and health matters, please contact the Occupational Safety Officer of the LD at 2559 2297.

Public urged to report flooding

Attention duty announcers, radio and TV stations:

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

Members of the public are advised to report any street flooding that comes to their notice to the Drainage Services Department by calling the 24-hour drainage hotline on 2300 1110.

Opening remarks by STL at seminar event at SMM Hamburg 2024 – “Scene-setting – Overview of Hong Kong’s Current Position, Challenges and Opportunities as an International Maritime Centre” (English only) (with photo)

Following are the opening remarks by the Secretary for Transport and Logistics, Mr Lam Sai-hung, at a seminar event at the Shipbuilding, Machinery and Marine Technology (SMM) trade fair 2024 in Hamburg– “Scene-setting – Overview of Hong Kong's Current Position, Challenges and Opportunities as an International Maritime Centre” today (September 3, Hamburg time):

Ladies and gentlemen, distinguished guests,

It gives me great pleasure to speak to you today at SMM, one of the world's largest and most prestigious maritime trade fairs. We treasure the opportunity to showcase Hong Kong's maritime aspirations in such a prominent setting. I also wish to extend our warmest greetings from Hong Kong.

Many of you have come to this session probably out of your interest in how Hong Kong is doing for various reasons. Indeed, in recent years, the global community has been closely observing our city, particularly in light of significant political events. Questions arise about whether Hong Kong remains the free, open and international metropolis it has always been. Some commentaries even suggest that Hong Kong, including its status as an international maritime centre, is fading into the background, and that its golden era is over.

My delegation and I are here to present a true and honest picture of Hong Kong. With over 150 years of maritime heritage, vigorous international connectivity and our multi-faceted maritime excellence, we have proudly served as a maritime hub of Asia. As we stand at this pivotal moment in history, we recognise that the Hong Kong maritime sector confronts substantial challenges, but at the same time there are also immense opportunities for both ourselves and the global arena.

Let us take a moment to reflect on the undeniable strengths of Hong Kong as an international maritime centre. Our strategic geographical location at the heart of Asia, right at the doorstep of Mainland China – that is the world's second largest economy – coupled with our excellent port facilities, positions us as a vital gateway for trade and commerce, where East meets West. As we serve as a springboard into the China market, we benefit from the unique institutional advantages provided under the "One Country, Two Systems" framework of China, our motherland, bestowing us as the only bilingual common law jurisdiction of our nation, underpinned by a solid foundation of the rule of law supported by an independent judiciary, not to mention with the free flow of capital, people and information that Hong Kong has been enjoying for decades.

On the maritime front, efficiency and connectivity are the two keywords for which we are renowned. We have a free port with efficient customs clearance and strong international connectivity, featuring over 300 container vessel sailings each week to nearly 500 destinations worldwide. Consistently ranked among the busiest ports globally, we handle over 14.4 million TEUs (twenty-foot equivalent units) in 2023. Additionally, as a world-class and service-oriented economy, Hong Kong boasts a vibrant maritime services cluster comprising more than 1 100 companies that provide shipping and maritime business services. These all contribute to our comprehensive maritime business capabilities, ranking us among the top four world's leading shipping centres, according to the 2024 Xinhua-Baltic International Shipping Centre Development Index Report.

Yet, we must also acknowledge the challenges that are we facing. Hong Kong as a free port is prone to external influence. The geopolitical environment is shifting and unstable at times, with new dynamics emerging

that require us to adapt. Issues such as supply chain disruptions, increasing competition from other ports in the region including those in the Mainland China, change in trade pattern and the evolving demands of the shipping industry, are all factors that we must navigate. The global push towards sustainability presents both a challenge and an opportunity for us to innovate and lead in green shipping practices.

Adversity tests one's tenacity. The current landscape presents Hong Kong with challenges while it also entails opportunities. To keep up with evolving global maritime industry trends, our Government announced the Action Plan on Maritime and Port Development Strategy last December. It sets out 10 strategies and 32 action measures in enhancing port competitiveness, strengthening high value-added maritime services and enhancing promotion of Hong Kong maritime brand and grooming talent. To highlight a few of our action items:

(a) number one, we will holistically attract cargoes from around the world to make use of Hong Kong Port from the three aspects of "vessels", "cargoes" and "destinations";

(b) number two, we will spare no effort in developing Hong Kong Port as a green and smart port, with another action plan to be published later this year on development of green fuel bunkering centre;

(c) number three, we will continue to promote the expansion of the maritime professional services and business sectors, like marine legal, insurance, ship leasing and commodity trading, by exploring further tax concessions;

(d) last but not the least, we will enhance collaboration with the international community as well as cities in Mainland China, to consolidate our role as a "super-connector" to the world and the gateway to Mainland China.

Franklin D Roosevelt once said, "A smooth sea never made a skilled sailor". While challenges are abound, Hong Kong has ridden the wave of adversity time and again, emerging stronger and more resilient. Our strengths remain robust, and our commitment to maritime excellence is unwavering. We are eager to step up our ties with the international community to create mutual benefits and capitalise on our strengths to navigate the complexities of the changing landscape, seizing the opportunities that lie ahead.

I come to the SMM with a delegation comprising practitioners from different disciplines such as shipping liner, terminal operator, lawyer and ship leasing etc. May I invite some of them to share with you the first-hand experience on what it is like to do business in Hong Kong now.

Thank you, and I look forward to the fruitful discussions later today.

