

LD reminds employers and employees to take heat stroke preventive measures in times of Heat Stress at Work Warning

As the Heat Stress at Work Warning is now in effect, the Labour Department (LD) reminds employers and employees to take appropriate measures during the effective period of the warning to prevent heat stroke when working in hot weather or hot environments.

Employees who work outdoors or in non-air-conditioned indoor environments face high levels of heat stress and are at a relatively higher risk of heat stroke. Employers should assess the risk factors of heat stress for employees at work and, based on the identified risk factors, take necessary preventive and control measures, including rescheduling work periods, setting up shading covers, providing ventilation and heat dissipation equipment, and reminding employees to replenish water and rest in a timely manner.

The Heat Stress at Work Warning is formulated by the LD based on the Hong Kong Heat Index. There are three levels of the warning: Amber, Red and Black, which help employers and employees better understand the level of heat stress while working outdoors or indoors without air-conditioning systems.

A spokesman for the LD said that when the department issues the Heat Stress at Work Warning, employers must refer to the criteria and recommendations provided in the "[Guidance Notes on Prevention of Heat Stroke at Work](#)" to conduct risk assessments, according to the workloads and other relevant heat stress risk factors, for employees who work outdoors or in non-air-conditioned indoor workplaces. Appropriate rest breaks should be arranged every hour, as far as reasonably practicable, based on various levels of the Heat Stress at Work Warning, to reduce employees' risk of heat stroke.

Employees must also follow instructions to rest on time. Whenever there are any symptoms of heat-related illnesses, such as headache, dizziness, thirst, and nausea, they should rest in a cool and shady place, drink water, and inform employers/supervisors to take appropriate action immediately.

The LD issued the "Guidance Notes on Prevention of Heat Stroke at Work", detailing the various risk factors that should be considered when conducting heat stress risk assessments and recommending corresponding control measures for identified risk factors for employers' and employees' reference. For the Heat Stress at Work Warning and related guidelines, please refer to the department's thematic webpage:

www.labour.gov.hk/eng/news/prevention_of_heat_stroke_at_work.htm.

Traffic mostly smooth on first school day (with photos)

The Emergency Transport Co-ordination Centre (ETCC) of the Transport Department (TD) has been escalated to the Joint Steering Mode Operation, the highest tier, from 6.30am today (September 2) to monitor the traffic and public transport services on the first school day. Traffic conditions have mostly been smooth so far.

The Acting Secretary for Transport and Logistics, Mr Liu Chun-san, accompanied by the Commissioner for Transport, Ms Angela Lee, visited the ETCC this morning to observe the TD's co-ordination and monitoring work in collaboration with the Police and public transport operators. He was also briefed on the latest traffic conditions of various districts.

Mr Liu said, "The overall road traffic this morning, including that at major trunk roads, cross-harbour tunnels and school areas, was busier than usual, but has generally been smooth. Railway, bus and ferry services remain normal. Special routes serving school areas have resumed service. Cross-boundary students commuting to schools in Hong Kong have also been largely smooth. Public transport services can basically meet the passenger demand."

Ms Lee said, "The TD deployed some 110 staff members for on-site monitoring of the traffic conditions at major public transport interchanges, railway stations, school areas, boundary control points and tunnels across Hong Kong, Kowloon and the New Territories this morning. They reported the real-time situation to the ETCC for arranging service enhancement and liaising with the Police for assistance in traffic dispersion where necessary."

Students are again reminded to familiarise themselves early with public transport routes and their service frequencies to and from their schools to determine the most suitable means of transport, and pay attention to the latest traffic news. The public should allow more time for their trips during the morning peak hours. Motorists are advised to avoid driving to school areas.

Members of the public are advised to pay attention to the media broadcast or the TD's mobile application "HKeMobility" or website (www.td.gov.hk) for the latest traffic news. For enquiries, please call the TD's hotline on 2804 2600 or 1823.



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 2) 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.

ExCo Non-official Members congratulate Ng Cheuk-yan on winning bronze medal

at Paris Paralympics

The following is issued on behalf of the Executive Council Secretariat:

Non-official Members of the Executive Council (ExCo Non-official Members) today (September 1) expressed their warmest congratulations to Hong Kong swimming athlete Ng Cheuk-yan for winning the bronze medal in the Women's 100m Breaststroke SB6 event at the 2024 Paris Paralympic Games. They also expressed their heartfelt gratitude to Ng's coaches and the swimming team.

The Convenor of ExCo Non-official Members, Mrs Regina Ip, said, "Ng Cheuk-yan demonstrated great perseverance at such a young age. With her excellent skills, she made her debut at the Paralympic Games marvellously and achieved an encouraging result by winning a bronze medal for Hong Kong."

ExCo Non-official Members hope that the Hong Kong, China Delegation will continue to perform at their best and excel in the other events.