

# 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](http://www.labour.gov.hk/eng/news/prevention_of_heat_stroke_at_work.htm).

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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 8) 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.

"Children, the elderly, the obese and those with chronic illnesses, such as heart disease or high blood pressure, 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;
- 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 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 sun protection factor (SPF) of 15 or above. Apply liberally and reapply 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.

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 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.

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## [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.

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## [Secretary for Health to lead](#)

## [delegation to visit Shanghai](#)

The Secretary for Health, Professor Lo Chung-mau, will lead a delegation to Shanghai today (June 8) for a three-day visit starting tomorrow (June 9) and participate in the China Organ Donation Day event organised by the China Organ Transplantation Development Foundation. Professor Lo and the delegation will also visit the Shanghai Municipal Health Commission to continue strengthening the exchanges and co-operation of the two places in the healthcare area.

While in Shanghai, Professor Lo and the delegation will also visit Zhongshan Hospital affiliated to Fudan University and Renji Hospital affiliated to Shanghai Jiao Tong University School of Medicine to get a better grasp of the operation of medical specialty centres there and the setting-up of smart hospitals. Moreover, they will visit a community health service centre and meet with Hong Kong people living in Shanghai.

Among the delegation are the Director of Cluster Services of the Hospital Authority (HA), Dr Simon Tang, and representatives of the Health Bureau, the Department of Health and the HA. Professor Lo will return to Hong Kong on June 11. During his absence, the Under Secretary for Health, Dr Libby Lee, will be the Acting Secretary for Health.

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## [LCSD to provide over 50 more Inclusive Parks for Pets](#)

The Leisure and Cultural Services Department (LCSD) announced today (June 8) that more than 50 Inclusive Parks for Pets will be opened in various districts from June 13 (Tuesday), bringing the total number of Inclusive Parks for Pets to over 170. Park users with or without pets could enjoy park facilities together in an inclusive environment.

To meet the public's demands to open more parks for them to visit with pets, six parks under the purview of the LCSD were opened for members of the public to enter and use with their pets under the trial scheme of Inclusive Park for Pets launched in January 2019. Following the successful implementation of the trial scheme, the LCSD regularised the six Inclusive Parks for Pets under the trial scheme and provided more Inclusive Parks for Pets in various districts starting from February 2021.

After consulting with the local community, more than 50 additional leisure venues across the territory will be designated for use as Inclusive Parks for Pets starting from June 13 to meet public aspirations for opening

more parks for them to visit with pets. Please refer to the attachment for the list of additional venues.

"The aim of Inclusive Parks for Pets is to enable members of the public who bring their pets into existing parks to use park facilities together in an inclusive environment, thereby promoting exchanges and integration in the community. When identifying suitable locations as Inclusive Parks for Pets, the department has considered different criteria, including the demand of the public for these facilities, size and location of the venues, ancillary facilities and their usage. Additional supporting facilities such as dog excreta collection bins and hand-washing facilities will be provided for the convenience of pet owners and their pets in light of the actual circumstances and needs. Cleaning work will also be stepped up," an LCSD spokesman said.

"The LCSD will consider the views of the public on the new arrangements and open up more venues for pets in the future if a positive response is received," the spokesman added.

Park users should observe and follow the users' code for Inclusive Parks for Pets. Dog owners should keep their dogs on a leash. They should make sure pets are kept under proper control and are effectively restrained from causing a nuisance or danger to others, and should clean up any mess caused by their pets and keep the environment clean and hygienic.

Please browse [www.lcsd.gov.hk/en/facilities/otherinfo/petpark.html](http://www.lcsd.gov.hk/en/facilities/otherinfo/petpark.html) for details.