

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Prevention of heat stroke at work in a hot environment" on June 4 (Friday) at 6.45pm in the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay. The talk, designed for workers in hot environments to enhance their awareness of heat stroke prevention, will cover symptoms of heat stroke, its first aid treatment and preventive measures.

The LD will hold another talk, entitled "Prevention of lower limb disorders and guidance notes on standing at work", on June 10 (Thursday) at 3.30pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui. The talk will introduce symptoms of some common lower limb disorders, including plantar fasciitis, varicose veins and knee osteoarthritis, as well as their treatment and preventive measures. Demonstration and practice of workplace exercise will be included, with a briefing on the LD's "Guidance notes on standing at work and service counter design".

Both talks will be given by the LD's occupational health nurse and occupational hygienist in Cantonese. Admission is free but pre-registration is required. On-site registration is not available. Infection control measures taking into account the latest epidemic developments will be adopted at both venues. For enquiries or registration, please call 2852 4040.

HarbourChill officially opens in Wan Chai (with photos)

The Development Bureau (DEVB) has announced that the HarbourChill, a themed harbourfront space located next to the Pierside Precinct of Wan Chai Ferry Pier, opened today (May 28). The location is a harbourfront experiential space co-created by community professionals from all walks of life.

A spokesperson for the DEVB said, "The site of about 1 800 square metres was previously a works area for a large-scale infrastructure project. In accordance with the incremental approach, the Civil Engineering and Development Department has unleashed the site in a timely manner, even when construction works are still taking place nearby. This has enabled us to open the site for public enjoyment after arranging some soft landscaping works and simple decoration."

The theme of the HarbourChill is the city's backyard garden. As a pop-up initiative, shelters, chairs and swings with diverse designs and some pinkish elements have been installed, echoing the Pink Corridor in the vicinity to create a soft and cosy atmosphere. Specifically, the Hong Kong Arts Centre in collaboration with Napp Studio has also designed a series of small tables under the theme of "Zoo along the Waterfront". Designers have used wooden strips of various lengths to fabricate five sets of moveable animal furniture. These tables can be used for placing items like eating utensils or personal belongings, so that visitors can enjoy themselves at the site more freely.

With a view to encouraging more stakeholders and arts groups to participate in harbourfront enhancement, the Harbour Office of the DEVB and the Harbourfront Commission held the Harbourfront Public Furniture Competition from July to September 2020. There are 20 winning entries and they are being gradually installed since early this year. These include (in no particular order) "The 60s view" designed by Loksun Lee and his team, "Anamorphosis" designed by Wai Tang and his team, "Endurance of Stricken Woods" designed by Charles Lai and his team and "Insignificance" designed by Ng Lok-sum and her team. These pieces of furniture also reflect remarkable elements of Wan Chai Ferry Pier and the old Wan Chai.

Furthermore, taking on board the idea of community development, the Harbour Office has collaborated with Social Ventures Hong Kong (SVhk) for the first time in arranging various diversified and innovative activities, as well as providing food and beverages, at the HarbourChill on a non-profit-making basis. There will be a special kiosk, WE+ Kiosk, on the lawn, selling feature snacks and beverages provided by social enterprise WE+. Goods featuring a Wan Chai theme have also been made available at the kiosk. In addition, SVhk is also collaborating with different social enterprises and community organisations in organising a range of activities, including the WE! Run@Harbour organised by RunOurCity this evening, which will allow participants to appreciate the harbourfront while taking part in the activity. As for this weekend, there will be an outdoor yoga experience and art jamming, which will allow visitors to relax themselves amid the busy city life and raise their overall well-being. This will also help to enhance community cohesion through utilising the harbourfront area.

The HarbourChill is managed as a harbourfront shared space. Through a vision-driven approach, only minimal rules will be put in place, allowing visitors to harmoniously enjoy the harbourfront public space with mutual respect. The HarbourChill is open 24 hours a day and welcomes pets.

The spokesperson for the DEVB added, "The harbourfront shared space approach, implemented in the Belcher Bay Promenade in Sai Wan and the Water Sports and Recreational Precinct in Wan Chai since last year, has been widely acclaimed locally. Taking the Belcher Bay Promenade as an example, according to a survey conducted by Walk in Hong Kong earlier, about 90 per cent of some 600 interviewees agreed that the harbourfront area should impose fewer rules and over 80 per cent of the interviewees held the view that pop-up installations could enhance the site. We are experimenting with another style of implementing the concept of the harbourfront shared space at the

HarbourChill and hope that this will complement the existing harbourfront promenades in the vicinity, thereby providing a more vibrant experience to visitors. Installations at the HarbourChill will remain on-site for at least six months, and will be subject to extension or adjustment having regard to utilisation conditions and user feedback.

The HarbourChill is situated to the north of Hung Hing Road and east of the covered walkway of Wan Chai Ferry Pier. It is accessible from the ferry pier or Wan Chai Temporary Public Transport Interchange by walking about three minutes, or from MTR Wan Chai Station by walking about 15 minutes (see Annex).





[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 (May 28) 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 can 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. 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.

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 toweling 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 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.

Assess the risk of heat stroke to employees

Attention duty announcers, radio and TV stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals when the Very Hot Weather Warning is in force:

The Labour Department reminds employers that as the Very Hot Weather Warning is in force, they should assess the risk of heat stroke to their employees and adopt effective preventive measures such as providing cool drinking water, setting up temporary sunshade, providing mechanical aids to reduce physical exertion of employees and providing for employees as far as practicable covered space with good ventilation for rest and meals. Employees should drink water regularly and be mindful of their physical condition. If early heat stroke symptoms such as headache and thirst appear, they should rest in a cool or shady place and drink water immediately. They should also inform their supervisors to take appropriate action.

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.