

# Regional Traffic Day of Hong Kong Island

Police yesterday (September 13) held the Regional Traffic Day on the Hong Kong Island to raise public awareness of road safety through stringent enforcement actions.

A total of 349 officers from Traffic Hong Kong Island and District Traffic Teams of Eastern, Wan Chai, Central and Western Districts were deployed to take enforcement actions at traffic black spots on the Hong Kong Island.

The operation resulted in the issue of 1,514 fixed penalty tickets and 62 summonses. Among the fixed penalty tickets and summonses issued, a total of 1,348 fixed penalty tickets were issued for illegal parking and the rest were for other traffic offences.

Police figures revealed that a total of 1,955 traffic accidents involving casualties occurred on the Hong Kong Island in the first eight months of 2018, of which involved 519 pedestrian injuries.

Police will continue to take regular enforcement actions to ensure road safety.

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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 (September 14) 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.

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# 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 and providing mechanical aids to reduce physical exertion of employees. 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 inform their supervisors and seek medical help immediately.

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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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## CE meets Finance Minister of Malaysia (with photo)

The Chief Executive, Mrs Carrie Lam, met the Finance Minister of Malaysia, Mr Lim Guan Eng, at the Chief Executive's Office this afternoon (September 13).

Welcoming Mr Lim's visit to Hong Kong, Mrs Lam said she was pleased to meet with him with both of them in different capacities since they met in Hong Kong in 2015, when she was the Chief Secretary for Administration and Mr Lim was the Chief Minister of Penang. She noted that Malaysia is an important member of the Association of Southeast Asian Nations (ASEAN), which is Hong Kong's second largest trading partner. She said she believes that after the Free Trade Agreement and the related Investment Agreement signed last year come into force early next year, co-operation between the two sides will be enhanced. Attaching great importance to the relationship with the ASEAN, she said she has already visited five ASEAN member states since she took office about a year ago and looks forward to visiting Malaysia in the future.

Mrs Lam said that Hong Kong and Malaysia can explore more collaboration and exchanges in various areas including education and finance. She added that, with Hong Kong's quality education and renowned universities, the Hong Kong Scholarship for "Belt and Road" Students (Malaysia) launched by the Hong Kong Special Administrative Region (HKSAR) Government at the end of 2016 has attracted 20 outstanding Malaysian students to pursue undergraduate studies in the city. She expressed the hope that more Malaysian students will come to Hong Kong to study and engage in research work. Noting that Hong Kong's financial sector is also striving for internationalisation, she said she welcomes enterprises from different countries or regions, including Malaysia, to list in Hong Kong to leverage Hong Kong's position as an international financial centre to develop their businesses.

Mrs Lam said the HKSAR Government organises large-scale international conferences with different themes every year, including the Asian Financial Forum and the Belt and Road Summit, inviting global political and economic leaders to participate. She said Mr Lim is most welcome to attend these conferences in Hong Kong in the future.

