

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 (August 26) 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 Typhoons and Rainstorms" 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.

[SHA congratulates Hong Kong squash athletes on winning gold and silver medals in Men's Single in Asian Games](#)

The Secretary for Home Affairs, Mr Lau Kong-wah, today (August 26) extended his congratulations to Hong Kong squash athletes Au Chun-ming and Lee Ho-yin on winning a gold medal and a silver medal respectively in Men's Single at the 18th Asian Games, being held in Jakarta and Palembang in Indonesia.

Mr Lau said, "Both squash athletes Au Chun-ming and Lee Ho-yin demonstrated their strength in turning defeat into victory at the semi-finals. It is a glorious story for Hong Kong that both entered the final match, scoring the best ever results for the Hong Kong squash team in the Asian Games. Their achievements signify the excellency of Hong Kong athletes and they are the pride of our people."

The Hong Kong delegation has so far won 24 medals in the Asian Games, namely three gold, seven silver and 14 bronze. The list of other medals won from August 24 to today is as follows:

Today

Bronze medal

Karate: Women's Kumite -61kg
Choi Wan-yu

August 25

Silver medal

Bowling: Men's Team of Six
Lau Kwun-ho, Mak Cheuk-yin, Tse Chun-hin, Tseng Tak-hin, Wong Kwan-yuen and Wu Siu-hong

Bronze medal

Karate: Women's Kata
Grace Lau

August 24

Silver medal

Fencing: Men's Team Foil
Cheung Ka-long, Ryan Choi, Nicholas Edward Choi and Yeung Chi-ka

CSD releases “Rehabilitation Pioneer Leaders” video (with photos)

The Correctional Services Department (CSD) today (August 26) released a video on the Rehabilitation Pioneer Leaders (RPLs), a newly established youth group under its Rehabilitation Pioneer Project.

The RPLs are students in Form Three or above. Through various training activities, such as physical exercise, foot drills and leadership and adventure training, young persons joining as RPLs can equip themselves with skills and develop their potential. They can also help promote law-abiding and rehabilitation messages in the community while participating in volunteer activities.

In the video, entitled "Rehabilitation Pioneer Leaders", the first batch of 30 RPLs speak on their valuable experiences after joining the group.

Recruitment for the second batch of RPLs will start in September. Interested students may look out for the details to be announced on the "Rehabilitation Pioneer Project" Facebook page.

Members of the public are welcome to watch the video, which has been uploaded to the CSD YouTube Channel at youtu.be/BGKYRuLDf2E.



[Speech by CS at CENTRAL Rat Race 2018 \(English Only\) \(with photos\)](#)

Following is the speech by the Chief Secretary for Administration, Mr Matthew Cheung Kin-chung, at the CENTRAL Rat Race 2018 today (August 26):

Mr Ben Keswick (the Chairman of MINDSET), Mr Robert Wong (the Chief Executive of Hongkong Land), Mr David Yip (the Chairman of the Central and Western District Council), Vice-Chairman Chan (the Vice-chairman of the Central and Western District Council, Mr Chan Hok-fung), Raymond (the Executive Director of Hongkong Land, Mr Raymond Chow), Suzanne (the District Officer (Central and Western), Mrs Susanne Wong), friends and rats,

It gives me great pleasure to take part in the CENTRAL Rat Race 2018 organised by Hongkong Land to raise fund for MINDSET to promote mental health in Hong Kong and on the Mainland. Rats usually pose a problem to the Government and our residents. Yet, I am so happy to see so many lovely and kind-hearted "rats" out here today for this good cause.

Since its inception in 2006, this fun-filled, festive relay race has highlighted the vibrancy, quality and connectivity of the iconic Central business district, the significance of work-life balance, physical fitness and mental well-being as well as the charitable spirit of the city and its corporate community.

To live in a fast-paced metropolis like Hong Kong, everyone faces various level of stress either from work, family or schools. In fact, mood or stress-related disorders are so common in Hong Kong that they make up over 50 per cent of all caseloads, or over 120 000 cases, in the psychiatric services under the Hospital Authority, are caused by stress, signifying the magnitude of the problem.

To this end, the Hong Kong Special Administrative Region Government is committed to strengthening the mental health and mental well-being of the people in Hong Kong. The Department of Health had, in the past few years, carried out a mental health promotion and education programme called [Joyful@HK](#) to increase public engagement in promoting mental well-being, and to increase public knowledge and understanding about mental health. The Advisory Committee on Mental Health chaired by former Secretary for Justice, Mr Wong Yan-lung, is now planning to launch an ongoing mental health public education and promotion initiative next year. We hope that through more robust promotion and education, we can reduce stigmatisation towards persons with mental health needs with a view to building a mental-health friendly society in Hong Kong.

There is scientific evidence shows the causal relationship between good mental health and sports. And today's event is definitely an example of how sports can upkeep one's physical and mental health. I would like to express my warmest gratitude to the Hongkong Land for bringing about this fun annual fixture for the 13th time in a row. I must also thank participants in this yearly iconic event on Chater Road. You all bring warmth, care and compassion and concern to those under mental stress.

On this note, I wish the CENTRAL Rat Race 2018 every success and hope that all you rats enjoy your day and please help us spread the importance of mental well-being wherever you go. Thank you.





Camp inspires ethnic minority youth

The first phase of the Cross-disciplined Forces Training Programme for Ethnic Minority Youth was held last month, attracting more than 100 participants.

They took part in various training sessions, giving them a taste of the skills and physical requirements needed for different posts in the disciplinary forces.

Apart from helping the youngsters with career planning and community integration, the initiative also boosted their sense of social responsibility and raised crime prevention awareness.

News.gov.hk interviewed participants of the training camp to learn about their experiences.

The story appears on news.gov.hk today (August 26) in text and video format.