

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 (July 31) 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.

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.

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.

[A French male jailed for conspiracy to act as check-in facilitator](#)

A 32-year-old French male who acted as a check-in facilitator for other persons was jailed for 30 months after appearing in the District Court today (July 30). The defendant pleaded guilty to two charges of conspiracy to obtain services by deception.

The court heard that a Sri Lankan male attempted to board a flight for Germany at the Hong Kong International Airport (Airport) on November 14 last year by using a French passport and a boarding pass bearing the name of the defendant but was referred to the Immigration Department for examination for the French passport was suspected to be forged. The French passport was later confirmed as a forgery after verification with the Consulate General of France in Hong Kong and Macao. Immigration investigation was initiated against the defendant as he was identified to be the facilitator of forgery activities. Immigration investigators intercepted the defendant when he intended to depart for Thailand at the Airport on the next day, and found in his possession two boarding passes for Thailand and France. He admitted that he would receive monetary reward and free air-tickets from a middleman for procuring boarding passes and transferring the boarding passes to other travelers. He was aware that the boarding passes would be used by other persons to board flights to Europe.

The spokesman warned that under the Theft Ordinance, people who, by any deception, dishonestly obtain services from another shall be guilty of an offence and shall be liable, upon conviction, to imprisonment for 10 years.

Cross-disciplined Forces Training Programme for Ethnic Minority Youth concludes (with photo)

The closing ceremony of the Cross-disciplined Forces Training Programme for Ethnic Minority Youth – Phase 1 was held at Police College, Wong Chuk Hang, today (July 30).

The three-day training programme was launched at JPC@Pat Heung on July 28, attracting more than 100 young ethnic minorities from 11 different Police Districts to participate. Themed as “community integration”, the programme aims to promote positive values and anti-crime messages to the trainees, and let them learn more about the physical requirements for applying for posts of different disciplinary forces from relevant officers and better plan their career paths.

The training programme offers a variety of activities, including experience sharing by officers of disciplinary forces (Hong Kong Police Force, Fire Services Department, Immigration Department, Customs and Excise Department, and Correctional Services Department), Bubble Football, rowing competition, camp fire, Silence Workshop, first aid training and visits to the Fire and Ambulance Services Academy as well as the Police College.

Six trainees from Sau Mau Ping, Tseung Kwan O, Yau Tsim and Western Police Districts were awarded prizes of “Best Trainee” after undergoing the training programme.

Speaking at the ceremony, Assistant Commissioner of Police (Support), Ms Lam Hiu-tong, said that the programme, which was an initiative of the Chief Executive's 2017 Policy Address, aimed to provide disciplinary, physical and team building training to young ethnic minorities to raise their awareness of crime prevention, enhance their sense of social responsibility and leadership skills, encourage them to uphold the values of integrity and honesty, and pay respect to others.

The training programme will be regularised and held every July and December. Details will be uploaded to the webpage of Junior Police Call (www.police.gov.hk/ppp_en/16_jpc/index.html).

