

Firing practice for June 2018

Firing practice will take place at two military sites, namely the San Wai/Tai Ling Firing Range and the Tsing Shan Firing Range, next month (June).

Red flags or red lamps will be hoisted at the firing areas before and during firing practice. For their safety, people are advised not to enter the firing area.

Following are the dates and times for the firing practice sessions in June 2018:

San Wai/Tai Ling Firing Range

Date	Time
June 1 (Friday)	8am-9pm
June 2 (Saturday)	8am-9pm
June 4 (Monday)	8am-9pm
June 5 (Tuesday)	8am-9pm
June 6 (Wednesday)	8am-9pm
June 7 (Thursday)	8am-9pm
June 8 (Friday)	8am-9pm
June 9 (Saturday)	8am-9pm
June 11 (Monday)	8am-9pm
June 12 (Tuesday)	8am-9pm
June 13 (Wednesday)	8am-9pm
June 14 (Thursday)	8am-9pm
June 15 (Friday)	8am-9pm
June 16 (Saturday)	8am-9pm
June 19 (Tuesday)	8am-9pm
June 20 (Wednesday)	8am-9pm
June 21 (Thursday)	8am-9pm
June 22 (Friday)	8am-9pm
June 23 (Saturday)	8am-9pm
June 25 (Monday)	8am-9pm
June 26 (Tuesday)	8am-9pm
June 27 (Wednesday)	8am-9pm
June 28 (Thursday)	8am-9pm
June 29 (Friday)	8am-9pm
June 30 (Saturday)	8am-9pm

Tsing Shan Firing Range

Date	Time
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June 1 (Friday)	8am-9pm
June 2 (Saturday)	8am-9pm
June 4 (Monday)	8am-9pm
June 5 (Tuesday)	8am-9pm
June 6 (Wednesday)	8am-9pm
June 7 (Thursday)	8am-9pm
June 8 (Friday)	8am-9pm
June 9 (Saturday)	8am-9pm
June 11 (Monday)	8am-9pm
June 12 (Tuesday)	8am-9pm
June 13 (Wednesday)	8am-9pm
June 14 (Thursday)	8am-9pm
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June 21 (Thursday)	8am-9pm
June 22 (Friday)	8am-9pm
June 23 (Saturday)	8am-9pm
June 25 (Monday)	8am-9pm
June 26 (Tuesday)	8am-9pm
June 27 (Wednesday)	8am-9pm
June 28 (Thursday)	8am-9pm
June 29 (Friday)	8am-9pm
June 30 (Saturday)	8am-9pm

SFST to visit San Francisco

The Secretary for Financial Services and the Treasury, Mr James Lau, will leave for San Francisco, the United States, early tomorrow morning (May 29) for a three-day visit to learn about the city's experience in developing financial technology (fintech) and to promote Hong Kong as a preferred listing platform for both initial public offerings and secondary listings.

While in San Francisco, Mr Lau will visit a number of financial institutions and technology companies including startups, innovation centres, incubators and a payments technology enterprise.

In addition, he will meet with venture capitalists, university professors, members of the business sector and professionals to discuss opportunities in Hong Kong and areas for collaboration. He will also pay a courtesy call on the Consul General of the People's Republic of China in San Francisco, Ambassador Luo Linquan.

In addition, Mr Lau will give keynote speeches at two luncheons hosted by the Hong Kong Economic and Trade Office in San Francisco for fintech and business leaders to introduce the latest developments of the Hong Kong financial market and efforts by the Government in promoting fintech and green finance.

Mr Lau will return to Hong Kong on Saturday (June 2). During his absence, the Under Secretary for Financial Services and the Treasury, Mr Joseph Chan, will be the Acting Secretary for Financial Services and the Treasury.

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 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.