

Red flag hoisted at Big Wave Bay Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (July 24) that due to big waves, the red flag has been hoisted at Big Wave Bay Beach in Southern District, Hong Kong Island. Beachgoers are advised not to swim at the beach.

LD holds online exhibition on Employment Ordinance and Minimum Wage Ordinance

â€‹The Labour Department (LD) is holding an online exhibition from 9am today (July 24) to 6pm July 26 on the LD's website disseminating information about the Employment Ordinance and the Minimum Wage Ordinance to enhance the public's understanding of employment rights and benefits.

Consolidating the content of physical exhibitions held by the LD, the online exhibition features the main provisions of the Employment Ordinance and the Minimum Wage Ordinance, employment rights and benefits for foreign domestic helpers, as well as good human resource management measures. The relevant hyperlink is www.labour.gov.hk/common/Online_exhibition_EO_MW0/index_en.html.

Correctional officers stop person in custody committing self-harm

â€‹Correctional officers stopped a person in custody committing self-harm in Pik Uk Prison yesterday (July 23).

At 7.50pm yesterday, a 52-year-old male person in custody was found emotionally unstable and banging his head against the gate inside a

dormitory. Officers at the scene immediately stopped him and called for reinforcement. The person in custody was found conscious. After receiving an examination and treatment at the institution hospital, he was referred to a public hospital for further treatment.

A clinical psychologist of the department will follow up on the case.

A spokesman for the Correctional Services Department said, "The department uses all possible measures to prevent persons in custody from attempting suicide or self-harm. These measures include administrative arrangements, improvement of institutional facilities, staff training and first aid services."

The person in custody was convicted for the offence of indecent assault in July 2024.

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 24) 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.

"Infants and children, the elderly, pregnant women, those with chronic illnesses such as heart disease or high blood pressure, outdoor/manual workers, and individuals who are overweight are more vulnerable to heat stroke. 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 the late afternoon, if possible;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation;
- Do not stay inside a parked vehicle; and
- Reschedule work to cooler times of the day if feasible. 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.

â€‹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 minimum sun protection factor (SPF) of 15, preferably higher. Reapply every two hours if you stay out in the sun, and after swimming, sweating or towelling off; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

â€‹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.

â€‹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 report 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.

[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.