

# LD reminds employers and employees to take heat stroke preventive measures in times of Heat Stress at Work Warning

As the Heat Stress at Work Warning is now in effect, the Labour Department (LD) reminds employers and employees to take appropriate measures during the effective period of the warning to prevent heat stroke when working in hot weather or hot environments.

Employees who work outdoors or in non-air-conditioned indoor environments face high levels of heat stress and are at a relatively higher risk of heat stroke. Employers should assess the risk factors of heat stress for employees at work and, based on the identified risk factors, take necessary preventive and control measures, including rescheduling work periods, setting up shading covers, providing ventilation and heat dissipation equipment, and reminding employees to replenish water and rest in a timely manner.

The Heat Stress at Work Warning is formulated by the LD based on the Hong Kong Heat Index. There are three levels of the warning: Amber, Red and Black, which help employers and employees better understand the level of heat stress while working outdoors or indoors without air-conditioning systems.

A spokesman for the LD said that when the department issues the Heat Stress at Work Warning, employers must refer to the criteria and recommendations provided in the "[Guidance Notes on Prevention of Heat Stroke at Work](#)" to conduct risk assessments, according to the workloads and other relevant heat stress risk factors, for employees who work outdoors or in non-air-conditioned indoor workplaces. Appropriate rest breaks should be arranged every hour, as far as reasonably practicable, based on various levels of the Heat Stress at Work Warning, to reduce employees' risk of heat stroke.

Employees must also follow instructions to rest on time. Whenever there are any symptoms of heat-related illnesses, such as headache, dizziness, thirst, and nausea, they should rest in a cool and shady place, drink water, and inform employers/supervisors to take appropriate action immediately.

The LD issued the "Guidance Notes on Prevention of Heat Stroke at Work", detailing the various risk factors that should be considered when conducting heat stress risk assessments and recommending corresponding control measures for identified risk factors for employers' and employees' reference. For the Heat Stress at Work Warning and related guidelines, please refer to the department's thematic webpage:

[www.labour.gov.hk/eng/news/prevention\\_of\\_heat\\_stroke\\_at\\_work.htm](http://www.labour.gov.hk/eng/news/prevention_of_heat_stroke_at_work.htm).

---

## Secretary for Health fully supports blood donation drives

The Secretary for Health, Professor Lo Chung-mau, and the Under Secretary for Health, Dr Libby Lee, showed their unwavering support for the blood donation drive being held by the Hong Kong Red Cross in the Central Government Offices (CGO) today (June 13). They put their support into action and donated blood themselves, and appealed to members of the public to donate blood actively to help patients in need of blood transfusion.

The Hong Kong Red Cross Blood Transfusion Service (BTS) is providing mobile blood donation services in the CGO today and tomorrow, offering convenience for government personnel to donate blood. Professor Lo said that the Government has long lent its full support to blood donation drives. Various government departments organise blood donation drives on a regular basis, with the one at the CGO being a particularly important annual event.

Professor Lo said, "The volume of blood collected by the BTS has been on the low side due to the rainy weather in recent days, putting pressure on the blood inventories. A single unit of whole blood can save as many as three patients. There is no substitute for blood, and the shelf life of blood is limited. Therefore, it is of particular importance for citizens to donate blood voluntarily and benevolently on a regular basis, so that a timely supply of blood of assured safety and quality can be secured for patients in need of rescue.

"It will be the World Blood Donor Day designated by the World Health Organization tomorrow (June 14). Every year on this particular day, appreciation is sent from all over the world to blood donors for their act of selfless giving. I would also like to take this opportunity to express my heartfelt gratitude to all donors, who have donated blood with dedication. You are the staunch partners of frontline healthcare teams, playing a vital role in saving lives by helping patients through life-threatening crises. I call on members of the public, enterprises and organisations to actively participate in blood donation drives, thereby giving the hospitals a stable and safe blood supply for clinical transfusion and treatment purposes."

In order to expand the blood collection network, the BTS sets up multiple blood donor centres across the city, and dispatches mobile blood donation teams and blood donation vehicles to various organisations and communities, facilitating blood donation by members of the public. The BTS encourages citizens to make appointments via the "HK Blood" mobile application or the BTS website. They may also call the donor centres in advance to reduce waiting times. For more details, citizens may browse the BTS website ([www.ha.org.hk/rcbts](http://www.ha.org.hk/rcbts)).

---

## **Labour Department to hold online briefing for employers of foreign domestic helpers**

The Labour Department (LD) will hold an online briefing on the employment of foreign domestic helpers (FDHs) on July 12 (Friday) at 7pm. Enrolment is now open.

The briefing will provide an overview of the employment rights and obligations of employers of FDHs. A representative from the Equal Opportunities Commission will also share the best practices for creating an inclusive workplace for FDHs. Employers of FDHs, especially first-time employers, are welcome to attend.

The online briefing will be conducted in Cantonese via Zoom and admission is free. Interested parties may register online at the LD's dedicated FDH Portal ([www.fdh.labour.gov.hk/en/home.html](http://www.fdh.labour.gov.hk/en/home.html)), or download the enrolment form and submit it by email ([fdh-enquiry@labour.gov.hk](mailto:fdh-enquiry@labour.gov.hk)) or by fax (3101 0604). The deadline for enrolment is July 10 (Wednesday). The quota will be allocated on a first-come, first-served basis. For enquiries, please contact the LD at 3582 8995.

---

## **Labour Department to hold online briefing for employers of foreign domestic helpers**

The Labour Department (LD) will hold an online briefing on the employment of foreign domestic helpers (FDHs) on July 12 (Friday) at 7pm. Enrolment is now open.

The briefing will provide an overview of the employment rights and obligations of employers of FDHs. A representative from the Equal Opportunities Commission will also share the best practices for creating an inclusive workplace for FDHs. Employers of FDHs, especially first-time employers, are welcome to attend.

The online briefing will be conducted in Cantonese via Zoom and admission is free. Interested parties may register online at the LD's

dedicated FDH Portal ([www.fdh.labour.gov.hk/en/home.html](http://www.fdh.labour.gov.hk/en/home.html)), or download the enrolment form and submit it by email ([fdh-enquiry@labour.gov.hk](mailto:fdh-enquiry@labour.gov.hk)) or by fax (3101 0604). The deadline for enrolment is July 10 (Wednesday). The quota will be allocated on a first-come, first-served basis. For enquiries, please contact the LD at 3582 8995.

---

## [La Buena Compañía from Spain to present Asian premiere of multidisciplinary theatre work "DEMO, Elegy of the moment" in Hong Kong in July \(with photos\)](#)

This year's International Arts Carnival (IAC), presented by the Leisure and Cultural Services Department, has invited drama company La Buena Compañía from Spain to come to Hong Kong and perform the Asian premiere of multidisciplinary theatre work "DEMO, Elegy of the moment" in July. The programme blends elements of mime, mask theatre, puppetry and contemporary dance, and uses body movements instead of words to enable audiences to reflect on the value of the family and the responsibility of adults in setting an example for children in the face of technological advancements. It is also one of the celebratory programmes of the 35th anniversary of the Hong Kong Cultural Centre.

Technological products have become deeply embedded in people's daily lives, creating a paradox where people are constantly connected online yet often feel distanced from one another. Inspired by this phenomenon, La Buena Compañía created "DEMO, Elegy of the moment", which depicts the story of how an ordinary family, comprising a grandmother, a father, a mother and a daughter, lives through and gradually gets accustomed to navigating successive waves of technological advancements from the 1980s to the present. The company prompts audiences to pause and reassess whether technological conveniences have inadvertently caused them to neglect the people and things that matter most in their lives. With detailed body movements and elegant dances, as well as exquisite puppets and props, lighting effects and original music, the production vividly presents the challenges faced by families in the digital age. The company received the award for Best Original Music at the LORCA Award for Performing Arts of Andalusia 2022 with this work.

La Buena Compañía of Spain was co-founded by stage director Chema Caballero, and psychologist and professional dancer Ángela Bodega in 2014. With family and children as its target audience, the company uses dance and puppetry to present their stories with a main focus on addressing socially

relevant issues. Over the years, the company has participated in various arts festivals in Spain, including the Hidalgo Puppet Festival, the South Palma of Rio Theater Fair and the Malaga International Puppet and Object Festival.

The International Arts Carnival 2024: "DEMO, Elegy of the moment" by La Buena Compañía (Spain) will be held at 8pm on July 12 and 13 (Friday and Saturday), and at 3pm on July 13 and 14 (Saturday and Sunday) at the Studio Theatre of the Hong Kong Cultural Centre. Tickets priced at \$280 and \$340 are now available at URBTIX ([www.urbtix.hk](http://www.urbtix.hk)). For telephone bookings, please call 3166 1288. For programme enquiries and concessionary schemes, please call 2268 7323 or visit [www.lcsd.gov.hk/CE/CulturalService/Programme/en/multi\\_arts/programs\\_1660.html](http://www.lcsd.gov.hk/CE/CulturalService/Programme/en/multi_arts/programs_1660.html). The programme is recommended for people aged 6 and above.

A meet-the-artist session (in Spanish with English and Cantonese interpretation) will be held after each performance. Members of the audience are welcome to stay behind to join.

This year's IAC will run from July 5 to August 11, featuring a wide array of fun-filled educational programmes by overseas, Mainland and local art groups and artists. In addition to acrobatics, magic, dance, music, theatre and puppetry, the IAC will also offer film screenings, online programmes, parent-child workshops and an exhibition. For the IAC's programme enquiries and concessionary schemes, please call 2370 1044 or visit [www.hkiac.gov.hk](http://www.hkiac.gov.hk).

