

Occupational safety and health training courses open for applications

The Occupational Safety and Health Training Centre of the Labour Department (LD) will launch a wide range of occupational safety and health training courses in the first half of 2020. The courses aim at enhancing the working population's understanding of the legal requirements and standards stipulated in occupational safety regulations, and their awareness of occupational health.

The training courses cover a wide range of topics, including:

1. Major Safety Regulations related to Industrial Accident Prevention
2. Major Health Regulations related to Industrial Accident Prevention
3. Safety Management Regulation cum Safety Inspection Programme and Accident/Incident Investigation
4. Safety Regulations related to Risk Assessment
5. Major Safety Regulations related to Accident Prevention in Office Work
6. Safety Regulations on Working in times of Inclement Weather and Hot Environment
7. A Brief Introduction to Safety Regulations related to Working on Construction Sites cum a Brief Introduction to Codes of Practice related to Working on Construction Sites
8. Safety Regulations on Working at Height and a Brief Introduction to Safety Regulations related to Electrical Work on Construction Sites cum Codes of Practice on Scaffolds
9. Lifting Appliances and Lifting Gear Regulations cum Codes of Practice for Safe Use of Cranes
10. Major Safety Regulations related to Renovation, Maintenance, Alteration and Addition Works
11. Major Safety Regulations related to Working in the Catering Trade
12. Occupational Safety and Health Ordinance and Regulation
13. Safety Regulations on Manual Handling Operations
14. Dangerous Substances Regulations
15. Health Hints on the Use of Computer cum More Exercise Smart Work
16. Occupational Stress Workshop
17. First Aid in the Workplace (Including demonstration and practice of bandaging)
18. Strategies for the Prevention of Occupational Diseases cum Work and Healthy Lifestyle

The courses will mainly be conducted in Cantonese at the LD's Occupational Safety and Health Training Centre, 13/F, KOLOURâ€™Tsuen Wan I, 68 Chung On Street, Tsuen Wan. Enrolment is free.

Application forms are available at the training centre or offices of the Occupational Safety and Health Branch of the LD. They can also be downloaded

from the department's website (www.labour.gov.hk/eng/osh/form.htm). For enquiry, please call 2940 7057.

Hongkong Post holiday arrangements for Christmas

Hongkong Post announced today (December 2) that the latest posting date of Christmas mail for local delivery before Christmas Day is December 20 (Friday). Mail posted after this date might run the risk of not being delivered in time because of anticipated seasonal work pressure. Members of the public are advised to post mail as early as possible in order to avoid a last-minute rush.

During the Christmas holidays (December 25 and 26), there will be no mail delivery. All post offices will be closed except for the General Post Office and the Airport Post Office. The business hours of the two offices will be from noon to 5pm and 8am to 5pm respectively. General postal services will be provided. Details of services available will be advertised at the respective post offices. One mail collection will be made for the posting boxes of the General Post Office and the Airport Post Office.

To ensure that greetings sent by air mail are delivered before Christmas, members of the public are reminded to post their mail on or before the latest dates of posting. A complete list of the latest dates of posting for this year's Christmas mail by air is displayed at all post offices. Customers may also find the information on Hongkong Post's website at www.hongkongpost.hk or contact the Hongkong Post enquiry hotline at 2921 2222.

Key statistics on service demand of A&E Departments and occupancy rates in public hospitals

The following is issued on behalf of the Hospital Authority:

During the winter surge, the Hospital Authority is closely monitoring the service demand of Accident and Emergency Departments and the occupancy rates in public hospitals. Key service statistics are being issued daily for

public information. Details are in the appended table.

Red flag hoisted at Silverstrand 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 (December 2) that due to big waves, red flag has been hoisted at Silverstrand Beach in Sai Kung District. Beach-goers are advised not to swim at the beach.

Red fire danger warning

Attention duty announcers, radio and TV stations:

The fire danger situation today (December 2) is red and fire risk is extreme. The countryside is extremely vulnerable to fire. If you are planning to spend the day in the countryside, please take pre-cooked food for a picnic and take all measures to prevent hill fires. The penalty for lighting fires illegally in the countryside is \$25,000 and a year's imprisonment.