

# Labour Department to hold courses and public talks on prevention of heat stroke at work and occupational health

The Labour Department (LD) organises courses and public health talks on prevention of heat stroke and occupational health regularly to raise employers' and employees' awareness of occupational health.

Details of eight courses and health talks on the prevention of heat stroke at work in August are as follows:

(1)

Dates and Time: August 1, 15 and 28 (Half-day (am));

August 7 and 21 (Half-day (pm))

Venue: Occupational Safety and Health Training Centre of the LD, 13/F, KOLOUR·Tsuen Wan I, 68 Chung On Street, Tsuen Wan, New Territories

Enrolment method: Download the application form

([www.labour.gov.hk/eng/osh/form.htm](http://www.labour.gov.hk/eng/osh/form.htm))

Enquiry hotline: 2940 7057

(2)

Dates and Time: August 14 and 25 (Half-day (am))

Venue: Occupational Safety and Health (OSH) Centre of the LD, G/F, Kwun Tong Community Health Centre Building, 60 Hip Wo Street, Kwun Tong, Kowloon

Enrolment method: Online registration of courses in OSH Centre

([www.oshsreg.gov.hk/en](http://www.oshsreg.gov.hk/en))

Enquiry hotline: 2361 8240

(3)

Date and Time: August 18 (3.30pm to 5pm)

Venue: Lecture Hall, Hong Kong Science Museum, 2 Science Museum Road, Tsim Sha Tsui East, Kowloon

Enrolment method: Online registration of public talks on occupational health

([www.oshsreg.gov.hk/en](http://www.oshsreg.gov.hk/en))

Enquiry hotline: 2852 4040

In addition, the LD will hold the following occupational health public talks in August:

(1)

Topic: Happy Workplace

Content: The talk will explain the importance and essential elements of creating a happy workplace.

Date and Time: August 7 (7.15pm to 8.30pm)

Venue: Lecture Theatre, Hong Kong Central Library, 66 Causeway Road, Causeway Bay, Hong Kong

Enrolment method: Online registration ([www.oshsreg.gov.hk/en](http://www.oshsreg.gov.hk/en))

Enquiry hotline: 2852 4040

(2)

Topic: Manual Handling Operations and Prevention of Back Injuries

Content: The talk will introduce the structure and functions of the back, causes and preventive measures of back injuries, and proper manual handling operations, with demonstrations and practice of workplace exercises.

Date and Time: August 25 (2.30pm to 4pm)

Venue: Lecture Theatre, Hong Kong Central Library, 66 Causeway Road, Causeway Bay, Hong Kong

Enrolment method: Online registration ([www.oshsreg.gov.hk/en](http://www.oshsreg.gov.hk/en))

Enquiry hotline: 2852 4040

(3)

Topic: More Exercise, Smart Work

Content: The talk will introduce the benefits of exercise with demonstrations and practice of workplace exercises.

Date and Time: August 30 (3.30pm to 5pm)

Venue: Lecture Hall, Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui, Kowloon

Enrolment method: Online registration ([www.oshsreg.gov.hk/en](http://www.oshsreg.gov.hk/en))

Enquiry hotline: 2852 4040

All courses and public talks will be given by the LD's occupational hygienist or occupational health nurse in Cantonese. Admission is free.

The LD also provides a free-of-charge outreach health education service. For details, please visit the department's webpage ([www.labour.gov.hk/eng/osh/content7.htm](http://www.labour.gov.hk/eng/osh/content7.htm)) or call 2852 4062.