

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Prevention of lower limb disorders" at 3pm on November 8 (Thursday). The talk will introduce the symptoms, treatment and preventive measures of common lower limb disorders including plantar fasciitis, varicose veins and osteoarthritis of the knee.

The LD will hold another talk entitled "Occupational health for workers in pre-primary education services" at 6.30pm on November 13 (Tuesday). To enhance workers' awareness of occupational health, the talk will elaborate on occupational health hazards and their preventive measures for workers in pre-primary education services.

Both talks will be held in Activity Room 1, Hong Kong Central Library, 66 Causeway Road, Causeway Bay. Given by the LD's occupational health nurse in Cantonese, the talks will include demonstration and practice of workplace exercise. Admission is free. For enquiries or registration, please call 2852 4040.