

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational health for office workers" on December 6 (Thursday). In order to enhance occupational health awareness of office workers, the talk will cover factors affecting occupational health of office workers and their preventive measures. Demonstration and practice of workplace exercise will also be included.

It will be held at 3pm at Activity Room 1, G/F, Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

The LD will hold another talk entitled "Occupational stress" on December 10 (Monday). The talk will introduce the symptoms and health impacts of occupational stress, and explain some effective stress-coping strategies through case illustrations.

It will be held at 3pm at the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui.

Both talks will be given by the LD's occupational health nurse in Cantonese. Admission is free. For enquiries or registration, please call 2852 4040.