

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Prevention of upper limb disorders" on February 25 (Monday). The talk will briefly introduce the causes and preventive measures of upper limb disorders to enhance employees' awareness of the issues. Demonstrations and practice of workplace exercise will be included.

The LD will hold another talk entitled "Work and diabetes mellitus and hypertension" on February 28 (Thursday). The talk will introduce some health tips for working in hot environments or on irregular schedules or when performing heavy manual work, in order to promote occupational health awareness of employees with diabetes mellitus or hypertension.

Both talks will be given by the LD's occupational health nurse in Cantonese at 3pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui. Admission is free. For enquiries or registration, please call 2852 4040.