

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational health of office workers series (II): Prevention of musculoskeletal disorders" on March 7 (Thursday). Through analysing the causes and preventive measures of musculoskeletal disorders, the talk aims to enhance office workers' awareness of musculoskeletal disorders of the upper limbs, waist and back arising from prolonged repetitive movements or improper sitting posture.

The talk will be held at 6.30pm in Activity Room 1, G/F, Hong Kong Central Library, 66 Causeway Road, Causeway Bay. An occupational hygienist and the occupational health nurse from the LD will lead demonstration and practice of workplace exercise.

The LD will hold another talk entitled "Occupational stress" on March 15 (Friday) to introduce the symptoms and health impact of occupational stress, and explain through case illustrations some effective stress-coping strategies.

The talk, to be given by the LD's occupational health nurse, will be held at 3pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui.

Both talks will be conducted in Cantonese. Admission is free. For enquiries or registration, please call 2852 4040.