

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational health of office workers series (III): More exercise, smart work" on April 2 (Tuesday). During the talk, the LD's occupational health nurse will introduce the benefits of exercise, with demonstration and practice of workplace exercise. The talk will be held at 3pm in Activity Room 1, G/F, Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

The LD will hold another talk entitled "Noise hazards and prevention of hearing loss" on April 8 (Monday) on the Factories and Industrial Undertakings (Noise at Work) Regulation and the Occupational Deafness Compensation Scheme. Given by the LD's occupational hygienist and occupational health nurse, and a representative from the Occupational Deafness Compensation Board, the talk will also cover the health hazards caused by noise at work and measures for preventing hearing loss. It will be held at 3pm in the Lecture Hall, 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.