

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Prevention of lower limb disorders" on June 4 (Monday). The talk will introduce symptoms of common lower limb disorders, including plantar fasciitis, varicose vein and knee osteoarthritis, as well as their treatment and preventive measures.

The talk will be held at 6.30pm at Activity Room 1, Hong Kong Central Library, 66 Causeway Road, Causeway Bay. An occupational health nurse from the LD will lead practical demonstrations of workplace exercises.

The LD will hold another talk entitled "Health hazards of hot environment at work" on June 13 (Wednesday). The talk, designed for workers in hot environments to enhance their awareness of heat stroke prevention, will include symptoms of heat stroke, its first aid management and preventive measures.

The talk, to be given by the LD's occupational health nurse and occupational hygienist, 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.