

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Work and healthy lifestyle" on June 10 (Monday). It will discuss how to adopt a healthy lifestyle, through a balanced diet, regular exercise, adequate rest and stress management, to help employees face daily work and challenges. Demonstration of workplace exercise will also be included.

The talk will be given by the LD's occupational health nurse at 3pm in the Lecture Hall, Hong Kong Science Museum, 2 Science Museum Road, Tsim Sha Tsui.

The LD will hold another talk entitled "Health hazards of hot environment at work" on June 19 (Wednesday). The talk, designed for workers in a hot environment to enhance their awareness of heat stroke prevention, will cover the symptoms, first aid treatment and preventive measures of heat stroke.

The talk will be given by the LD's occupational health nurse and occupational hygienist at 3pm in Activity Room 1, G/F, Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

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