

# 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 August 22 (Thursday) at 3pm. 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. Demonstration and practice of workplace exercise will be included.

The LD will hold another talk entitled "Health hazards of hot environment at work" on August 26 (Monday) at 3pm. The talk, designed for workers in hot environments to enhance their awareness of heat stroke prevention, will cover symptoms of heat stroke, its first aid treatment and preventive measures.

Both talks will be given by the LD's occupational health nurse and occupational hygienist in Cantonese at 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.