

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 September 18 (Wednesday). During the talk, the LD's occupational health nurse will introduce the benefits of exercise, with a demonstration and practice of workplace exercise. The talk will be held at 6.30pm in Activity Room 1, G/F, Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

The LD will hold another talk entitled "Prevention of lower limb disorders and guidance notes on standing at work" on September 23 (Monday). The talk will introduce symptoms of some common lower limb disorders, including plantar fasciitis, varicose veins and knee osteoarthritis, as well as their treatment and preventive measures. A demonstration and practice of workplace exercise will be included, with a briefing on the LD's "Guidance Notes on Standing at Work and Service Counter Design". The talk will be given by the LD's occupational health nurse and occupational hygienist 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.