

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Prevention of upper limb disorders" on November 19 (Tuesday) at 6.45pm in Activity Room 1, G/F, Hong Kong Central Library, 66 Causeway Road, Causeway Bay. The talk will introduce the causes and preventive measures of upper limb disorders to enhance employees' awareness of the issues. Demonstrations and practice of workplace exercises will be included.

The LD will hold another talk entitled "Work and diabetes mellitus and hypertension" on November 27 (Wednesday) at 3pm in the lecture room of Fanling Occupational Health Clinic (7/F, Fanling Health Centre, 2 Pik Fung Road, Fanling). The talk will introduce health tips for workers in hot environments, on irregular schedules and when performing heavy manual work in order to promote occupational health awareness of employees with diabetes mellitus or hypertension.

Both talks will be given by the LD's occupational health nurse in Cantonese. Admission is free. For enquiries or registration, please call 2852 4040.