

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Prevention of musculoskeletal disorders for office workers" on December 2 (Monday). Through analysing the causes and preventive measures of musculoskeletal disorders, the talk aims to enhance office workers' awareness of musculoskeletal disorders of the back and upper limbs arising from prolonged repetitive movements or improper sitting posture.

The talk will be held at 3pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui. The LD's occupational hygienist and the occupational health nurse will lead a demonstration and practice of workplace exercise.

The LD will hold another talk entitled "Occupational stress" on December 5 (Thursday) to introduce the symptoms and health impacts of occupational stress as well as some effective stress-coping strategies.

The talk will be given by the LD's occupational health nurse 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.