

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational stress" on July 10 (Friday) on the symptoms and health impact 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 the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui.

The LD will hold another talk entitled "Occupational health series for office workers (I): Health hints on the use of computer" on July 15 (Wednesday). The talk will briefly introduce the Occupational Safety and Health (Display Screen Equipment) Regulation, as well as the occupational health hazards and preventive measures associated with prolonged use of computers, so as to enhance employees' occupational health awareness. Demonstrations and practice of workplace exercise will also be included.

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

Both talks will be conducted in Cantonese. Admission is free. Infection control measures taking into account the latest epidemic developments will be adopted at both venues. For enquiries or registration, please call 2852 4040.