

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational stress" on July 5 (Monday) on the symptoms and health impacts of occupational stress, as well as some effective stress-coping strategies. The talk will be given at 2.30pm in Lecture Theatre, Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

The LD will hold another public talk entitled "Prevention of upper limb disorders" on July 9 (Friday) on 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 talk will be given at 7pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui.

Both talks will be given by the LD's occupational health nurse in Cantonese. Admission is free but pre-registration is required. On-site registration is not available. Infection control measures taking into account the latest epidemic developments will be adopted at both venues. For enquiries or registration, please call 2852 4040.