

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational health series for office workers (I): health hints on the use of computer" on October 4 (Monday) at 6.30pm. The talk is designed for office workers who use computers for prolonged periods. To enhance their awareness of occupational health, the talk will introduce the Occupational Safety and Health (Display Screen Equipment) Regulation and elaborate on occupational health hazards associated with the prolonged use of display screen equipment and the preventive measures. The LD's occupational hygienist and occupational health nurse will give the talk. Demonstration of workplace exercises will also be included.

The LD will hold another talk entitled "Occupational stress" on October 13 (Wednesday) at 3pm on the symptoms and health impacts of occupational stress, as well as some effective stress-coping strategies. The LD's occupational health nurse will give the talk.

Both talks will be given in Cantonese at the Lecture Theatre, Hong Kong Central Library, 66 Causeway Road, Causeway Bay. 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 the venue. For enquiries or registration, please call 2852 4040.