

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational Health of Office Workers Series (II) Prevention of Musculoskeletal Disorders" on November 22 (Monday) to raise office workers' awareness of musculoskeletal disorders of back and upper limbs arising from prolonged repetitive movements or improper sitting postures. The talk will cover the causes of and preventive measures for musculoskeletal disorders among office workers, as well as the demonstration and practice of workplace exercises.

The talk will be given by the LD's occupational hygienist and occupational health nurse at 2.30pm in the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

The LD will hold another talk entitled "Work and Diabetes Mellitus and Hypertension" on November 29 (Monday). The talk will introduce the symptoms and complications of diabetes mellitus and hypertension, with emphasis on health tips for working in a hot environment and performing heavy manual work or irregular hours, to promote the occupational health awareness of workers with diabetes mellitus or hypertension.

The talk will be given by the LD's occupational health nurse at 3.30pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui.

Both talks will be given 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.