

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational Health for Residential Care Home Workers" on January 5 (Wednesday). Designed for residential care home workers to enhance their awareness of occupational health, the talk will elaborate on occupational health hazards and their preventive measures, and also include demonstrations and practice of workplace exercises.

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.

The LD will hold another talk entitled "Work and Cardiovascular and Cerebrovascular Diseases" on January 13 (Thursday). The talk will introduce healthy lifestyles and tips on protecting the heart and brain in the workplace to increase employers' and employees' awareness of cardiovascular and cerebrovascular diseases.

The talk will be given by the LD's occupational health nurse at 6.30pm in the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

Both talks will be given in Cantonese. Admission is free but pre-registration is required. Interested participants can register online ([www.oshsreg.gov.hk](http://www.oshsreg.gov.hk)). On-site registration is not available. Infection control measures taking into account the latest epidemic developments will be adopted at both venues. For enquiries, please call 2852 4040.