

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational health of office workers series (III): More exercise, smart work" at 6.30pm on September 6 (Thursday). During the talk, an occupational health nurse from the LD will introduce the benefits of exercise, with demonstration and practice of workplace exercise.

The LD will hold another talk entitled "Health hazards of hot environment at work" at 3pm on September 14 (Friday). The talk, to be given by the LD's occupational health nurse and occupational hygienist, will cover symptoms of heat stroke, its first aid treatment and preventive measures, to enhance the awareness of heat stroke prevention among workers in hot environments.

Both talks will be conducted in Cantonese and held in Activity Room 1, G/F, Hong Kong Central Library, 66 Causeway Road, Causeway Bay. Admission is free. For enquiries or registration, please call 2852 4040.