

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Prevention of Lower Limb Disorders and Guidance Notes on Standing at Work" on June 1 (Wednesday) at 3.30pm. The talk will introduce symptoms of common lower limb disorders such as plantar fasciitis, varicose veins and osteoarthritis of the knee, as well as their treatment and preventive measures. Participants will also be briefed on the content of the LD's publication "Guidance Notes on Standing at Work and Service Counter Design". The talk will be given by the LD's occupational hygienist and occupational health nurse. Demonstrations and practice of workplace exercises will also be included.

The LD will hold another talk, entitled "Occupational Safety and Health (OSH) for Confined Space Workers", on June 9 (Thursday) at 6.30pm. To enhance workers' OSH awareness in confined spaces, the talk will explain the related OSH hazards as well as their preventive measures. The talk will be given by the LD's occupational hygienist, occupational safety officer and occupational health nurse.

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