

# 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 October 5 (Thursday). The talk will introduce symptoms of common lower limb disorders such as plantar fasciitis, varicose veins of lower limbs and osteoarthritis of the knee, as well as their treatment and preventive measures. Demonstrations and practice of workplace exercises will be included. 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 at 3.30pm at the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

The LD will hold another talk, entitled "Work and Common Gastrointestinal Diseases" on October 11 (Wednesday). The talk will introduce the causes, symptoms and treatments of some common gastrointestinal diseases. It will also highlight the mutual influence between work and common gastrointestinal diseases, and preventive measures to promote employees' occupational health.

The talk will be given by the occupational health nurse at 3.30pm at 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. Interested participants can register online ([www.oshsreg.gov.hk](http://www.oshsreg.gov.hk)). For enquiries, please call 2852 4040.