

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Work and Diabetes Mellitus and Hypertension" on November 24 (Friday). 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 3pm in the Health Education Room of Fanling Occupational Health Clinic of the LD, 7/F, Fanling Health Centre, 2 Pik Fung Road, Fanling.

The LD will hold another talk entitled "Work and Cardiovascular and Cerebrovascular Diseases" on November 29 (Wednesday). The talk will introduce healthy lifestyles and tips on protecting the heart and brain in the workplace to enhance employers' and employees' awareness of cardiovascular and cerebrovascular diseases.

The talk will be given by the occupational health nurse at 3.30pm in the Health Education Room, Occupational Safety and Health Centre of the LD, G/F, Kwun Tong Community Health Centre Building, 60 Hip Wo Street, Kwun Tong.

Both talks will be given in Cantonese. Admission is free but pre-registration is required. Interested participants can register online (www.oshreg.gov.hk). For enquiries, please call 2852 4040.