

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Manual Handling Operations and Prevention of Back Injuries" on December 20 (Wednesday). The talk will introduce the structure and functions of the back, causes and preventive measures of back injuries, and proper manual handling operations, with demonstrations and practice of workplace exercises.

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 & Healthy Lifestyle" on December 29 (Friday). The talk will introduce a balanced diet, regular exercise, sufficient rest and stress management to encourage employees to adopt a healthy lifestyle. Demonstrations and practice of workplace exercises will also be included.

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.