

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational Stress" on February 7 (Wednesday) at 6.30pm at the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay. The talk will introduce the symptoms and health impacts of occupational stress as well as some stress-coping strategies.

The LD will hold another talk, entitled "Work and Cardiovascular and Cerebrovascular Diseases" on February 16 (Friday) at 3.30pm at the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui. 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.

Both talks will be given in Cantonese by the LD's occupational health nurse. 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.