

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational Health of Office Workers Series (I) Health Hints on the Use of Computer" on February 22 (Thursday) at 3.30pm at the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay. The talk will briefly introduce the Occupational Safety and Health (Display Screen Equipment) Regulation, and elaborate on the occupational health hazards and preventive measures associated with prolonged use of computers, so as to enhance employees' occupational health awareness. Demonstrations and practice of workplace exercises will also be included.

The LD will hold another talk entitled "Manual Handling Operations and Prevention of Back Injuries" on February 26 (Monday) at 3.30pm at the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui. 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.

Both talks will be given in Cantonese by the LD's occupational hygienist and 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.