

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational Health of Office Workers Series (III) More Exercise, Smart Work" on April 24 (Wednesday). The talk will introduce the benefits of exercise. Demonstrations and practice of workplace exercises will also be included.

The talk will be given by the LD's occupational health nurse at 3.30pm at the Lecture Hall of the Hong Kong Science Museum, 2 Science Museum Road, Tsim Sha Tsui East.

The LD will hold another talk, entitled "Prevention of Heat Stroke at Work in a Hot Environment and Heat Stress Risk Assessment" on April 29 (Monday). The talk, designed for workers working in hot environments to raise their awareness of heat stroke prevention, will cover symptoms of heat-related illnesses, their first aid treatment, preventive measures and risk assessment.

The talk will be given by the occupational hygienist and occupational health nurse at 6.30pm at the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

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.