

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational Health of Office Workers Series (II) Prevention of Musculoskeletal Disorders for Office Workers" on November 20 (Wednesday) to raise office workers' awareness of musculoskeletal disorders of the back and upper limbs arising from prolonged repetitive movements or improper sitting postures. The talk will cover the causes of and preventive measures for musculoskeletal disorders among office workers.

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 and Diabetes Mellitus and Hypertension" on November 25 (Monday). 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 occupational health nurse at 3.30pm at the Lecture Hall of the Hong Kong Science Museum, 2 Science Museum Road, Tsim Sha Tsui East.

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.