

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 December 19 (Thursday). 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 6.30pm at the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

The LD will hold another talk entitled "Infection Control in the Workplace" on December 30 (Monday). The talk, designed for employees who may come into contact with pathogenic bacteria and viruses in their workplace, will explain how micro-organisms enter human body and affect people's health. The concept of infection control in the workplace will also be covered.

The talk will be given by the occupational health nurse at 3.30pm in the Health Education Room, Occupational Safety and Health Centre of the LD, G/F, Kwun Tong Community Health Centre Building, 60 Hip Wo Street, Kwun Tong.

Both talks will be given in Cantonese. Admission is free but pre-registration is required. Interested participants can register online (www.oshsreg.gov.hk/en). For enquiries, please call 2852 4040.