

# LD to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Manual handling operations and prevention of back injuries" on August 22 (Wednesday). The talk will give a brief account of the structure and functions of the back, causes and preventive measures of back injuries, and proper manual handling operation. Demonstration and practice of workplace exercise will be included.

The talk will be given by the LD's occupational health nurse and occupational hygienist, and will be held at 6.30pm in Activity Room 1, Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

The LD will hold another talk entitled "Occupational health of office workers series (II): Prevention of musculoskeletal disorders" on August 29 (Wednesday). Through analysing the causes and preventive measures of musculoskeletal disorders, as well as demonstration and practice of workplace exercise, the talk aims to enhance office workers' awareness of musculoskeletal disorders of the back and upper limbs arising from prolonged repetitive movements or improper sitting posture.

The talk, to be given by the LD's occupational hygienist and occupational health nurse, will be held at 3pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui.

Both talks will be conducted in Cantonese. Admission is free. For enquiries or registration, please call 2852 4040.