

# Occupational safety and health courses open for applications

The Kwun Tong Occupational Safety and Health Centre of the Labour Department (LD) will launch a wide range of occupational safety and health courses in the first half of 2024. The courses aim at enhancing the working population's understanding of the occupational safety regulations and their awareness of occupational health.

The courses cover a wide range of topics, including:

1. Occupational Safety and Health Ordinance and Regulations
2. Gas Poisoning in Manholes
3. Confined Spaces Regulations
4. Major Safety Regulations Related to Working in Catering Trade
5. Dangerous Substances Regulations
6. Safety Management Regulation
7. Safety Regulations on Manual Handling Operations
8. Regulations Related to Safety in Hotel Industry
9. Safety Regulations on Working in Times of Inclement Weather and Hot Environment
10. Major Safety Regulations Related to Accident Prevention in Office Work and Storage Work
11. A Brief Introduction to the Regulation on Display Screen Equipment
12. Office Workstation Setup
13. Air Monitoring and Ventilation Systems in the Workplaces
14. Lighting Assessment in the Workplaces
15. Guidance Notes on Standing at Work
16. More Exercise, Smart Work
17. Strategies for the Prevention of Occupational Diseases
18. Occupational Health in Catering Industry
19. Chemicals and Occupational Health
20. Medical Examinations for Workers Engaged in Hazardous Occupations in Industrial Undertakings
21. Manual Handling Operations and Prevention of Back Injuries
22. Occupational Health for Security Guards
23. Chemicals and Occupational Health in Hotel Industry
24. Prevention of Heat Stroke at Work in a Hot Environment
25. Occupational Health for Office Workers
26. Health Hints on the Use of Computer
27. Prevention of Upper and Lower Limb Disorders
28. Prevention of Musculoskeletal Disorders for Office Workers
29. Occupational Health for Cleansing Workers
30. Occupational Contact Dermatitis
31. Manual Handling Operations and Prevention of Back Injuries for Workers of Residential Care Home
32. Occupational Health for Professional Drivers

33. Work and Common Gastrointestinal Diseases
34. Occupational Stress
35. Happy Workplace
36. Work and Healthy Lifestyle
37. Work and Diabetes Mellitus and Hypertension
38. First Aid in the Workplaces
39. Work and Cardiovascular and Cerebrovascular Diseases
40. Easy Tips for Healthy Eating at Work

The courses will be conducted in Cantonese at the LD's Occupational Safety and Health Centre, G/F, Kwun Tong Community Health Centre Building, 60 Hip Wo Street, Kwun Tong. Enrolment is free.

Members of the public can apply via the online platform [www.oshsreg.gov.hk/en](http://www.oshsreg.gov.hk/en) or by fax. Please visit the LD's website ([www.labour.gov.hk/eng/osh/content6.htm](http://www.labour.gov.hk/eng/osh/content6.htm)) for more details and call 2361 8240 for enquiries.