

# 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 second 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 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. A Brief Introduction to Noise at Work Regulation
17. More Exercise, Smart Work
18. Strategies for the Prevention of Occupational Diseases
19. Occupational Health in Catering Industry
20. Chemicals and Occupational Health
21. Medical Examinations for Workers Engaged in Hazardous Occupations in Industrial Undertakings
22. Manual Handling Operations and Prevention of Back Injuries
23. Occupational Health for Security Guards
24. Chemicals and Occupational Health in Hotel Industry
25. Prevention of Heat Stroke at Work in a Hot Environment
26. Occupational Health for Office Workers
27. Health Hints on the Use of Computer
28. Prevention of Upper and Lower Limb Disorders
29. Noise Hazards and Prevention of Hearing Loss
30. Prevention of Musculoskeletal Disorders for Office Workers
31. Occupational Health for Cleansing Workers
32. Occupational Contact Dermatitis
33. Manual Handling Operations and Prevention of Back Injuries for Workers

of Residential Care Home

- 34. Occupational Health for Professional Drivers
- 35. Work and Common Gastrointestinal Diseases
- 36. Occupational Stress
- 37. Happy Workplace
- 38. Work and Healthy Lifestyle
- 39. Work and Diabetes Mellitus and Hypertension
- 40. First Aid in the Workplaces
- 41. Work and Cardiovascular and Cerebrovascular Diseases
- 42. 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.