

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 2025. 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. Air Monitoring and Ventilation Systems in the Workplaces
13. Lighting Assessment in the Workplaces
14. Guidance Notes on Standing at Work
15. More Exercise, Smart Work
16. Strategies for the Prevention of Occupational Diseases
17. Occupational Health in Catering Industry
18. Chemicals and Occupational Health
19. Medical Examinations for Workers Engaged in Hazardous Occupations in Industrial Undertakings
20. Manual Handling Operations and Prevention of Back Injuries
21. Occupational Health for Security Guards
22. Chemicals and Occupational Health in Hotel Industry
23. Prevention of Heat Stroke at Work in a Hot Environment
24. Occupational Health for Office Workers
25. Health Hints on the Use of Computer
26. Prevention of Upper and Lower Limb Disorders
27. Prevention of Musculoskeletal Disorders for Office Workers
28. Occupational Health for Cleansing Workers
29. Occupational Contact Dermatitis
30. Manual Handling Operations and Prevention of Back Injuries for Workers of Residential Care Home
31. Occupational Health for Professional Drivers
32. Work and Common Gastrointestinal Diseases

33. Occupational Stress
34. Happy Workplace
35. Work and Healthy Lifestyle
36. Work and Diabetes Mellitus and Hypertension
37. First Aid in the Workplaces
38. Work and Cardiovascular and Cerebrovascular Diseases
39. 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 or by fax. Please visit the LD's website (www.labour.gov.hk/eng/osh/content6.htm) for more details and call 2361 8240 for enquiries.