

# 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 2019. 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. Confined Spaces Regulation
3. Major Safety Regulations Related to Working in Catering Trade
4. Dangerous Substances Regulations
5. Safety Management Regulation
6. Safety Regulations on Manual Handling Operations
7. Regulations Related to Safety in Hotel Industry
8. A Brief Introduction to the Regulation on Display Screen Equipment
9. Office Workstation Setup
10. Air Monitoring in the Workplaces
11. Lighting Assessment in the Workplace
12. A Brief Introduction to Noise at Work Regulation
13. Strategies for the Prevention of Occupational Diseases
14. Gas Poisoning in Manholes
15. Occupational Health in Catering Industry
16. Chemicals and Occupational Health
17. Medical Examinations for Workers Engaged in Hazardous Occupations in Industrial Undertakings
18. Manual Handling Operations and Prevention of Back Injuries
19. Occupational Health Hints for New Recruit Young Employees
20. Health Hazards of Hot Environment at Work
21. Health Hints on the Use of Computer
22. More Exercise, Smart Work
23. Noise Hazards and Prevention of Hearing Loss
24. Occupational Health for Office Workers
25. Prevention of Musculoskeletal Disorders for Office Workers
26. Occupational Health for Workers in Pre-primary Education Services
27. Occupational Health for Cleansing Workers
28. Occupational Contact Dermatitis
29. Manual Handling Operations and Prevention of Back Injuries for Workers of Hotel Industry/Residential Care Homes
30. Occupational Health for Professional Drivers
31. Work & Common Gastrointestinal Diseases
32. Prevention of Upper and Lower Limb Disorders
33. Occupational Stress Workshop
34. Work & Healthy Lifestyle

35. First Aid in the Workplace
36. Safety Regulations on Working in Times of Inclement Weather and Hot Environment
37. Major Safety Regulations Related to Accident Prevention in Office Work

The courses will mainly 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.

Application forms are available at the centre or offices of the Occupational Health Service of the LD. They can also be downloaded from the department's website ([www.labour.gov.hk/eng/osh/content6.htm](http://www.labour.gov.hk/eng/osh/content6.htm)). For enquiries, please call 2361 8240.