

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 2020. 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 Regulations
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 Workplaces
12. Chemicals and Occupational Health in Hotel Industry
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 for Security Guards
20. Health Hazards of Hot Environment at Work
21. Health Hints on the Use of Computer
22. More Exercise, Smart Work
23. Work and Diabetes Mellitus and Hypertension
24. Occupational Health for Office Workers
25. Prevention of Musculoskeletal Disorders for Office Workers
26. Occupational Health for Cleansing Workers
27. Occupational Contact Dermatitis
28. Manual Handling Operations and Prevention of Back Injuries for Workers of Residential Care Home
29. Occupational Health for Professional Drivers
30. Work & Common Gastrointestinal Diseases
31. Prevention of Upper and Lower Limb Disorders
32. Occupational Stress Workshop
33. Work & Healthy Lifestyle
34. First Aid in the Workplaces (including demonstration and practice of

bandaging)

35. Safety Regulations on Working in Times of Inclement Weather and Hot Environment
36. 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). For enquiries, please call 2361 8240.