

CHP reminds public on precautions against heat stroke during very hot weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (August 7) reminded members of the public, particularly those undertaking outdoor activities, to take heed of necessary measures against heat stroke and sunburn in very hot weather.

"The public should carry and drink plenty of water to prevent dehydration while engaging in outdoor activities," a spokesman for the CHP said.

"Those engaged in strenuous outdoor activities should avoid beverages containing caffeine, such as coffee and tea, as well as alcohol, as they speed up water loss through the urinary system," the spokesman explained.

"The obese, the sick, including those with heart disease or high blood pressure, the old and the young are more vulnerable to heat-related illnesses. They should pay special attention," the spokesman added.

The public should adopt the following precautions:

- Wear loose and light-coloured clothing to reduce heat absorption and facilitate sweat evaporation and heat dissipation;
- Avoid vigorous exercise and prolonged activities like hiking or trekking as heat, sweating and exhaustion place additional demands on the physique;
- Perform outdoor activities in the morning or late afternoon;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation; and
- Reschedule work to cooler times of the day.

If working in a hot environment is inevitable, introduce shade in the workplace where practicable, and start work slowly and pick up the pace gradually. Get into a cool area for rest at regular intervals to allow the body to recuperate.

The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index remains high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear loose long-sleeved clothing made of close-woven fabrics;
- Wear a wide brim hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;

- Apply a broad-spectrum sunscreen lotion with a sun protection factor (SPF) of 15 or above. Apply liberally and reapply after swimming or sweating; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

If symptoms develop, such as dizziness, headache, nausea, shortness of breath or confusion, rest and seek help immediately, and seek medical advice as soon as possible.

The public may get more information from the DH's Health Education Hotline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather and forecast](#), [UV Index](#) and weather information for [hiking and mountaineering](#); and [press releases](#) of the Labour Department on precautions against heat stroke for outdoor workers and their employers when the Very Hot Weather Warning is in force.

[Assess the risk of heat stroke to employees](#)

Attention duty announcers, radio and TV stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals when the Very Hot Weather Warning is in force:

The Labour Department reminds employers that as the Very Hot Weather Warning is in force, they should assess the risk of heat stroke to their employees and adopt effective preventive measures such as providing cool drinking water, setting up temporary sunshade and providing mechanical aids to reduce physical exertion of employees. Employees should drink water regularly and be mindful of their physical condition. If early heat stroke symptoms such as headache and thirst appear, they should inform their supervisors and seek medical help immediately.

[Very Hot Weather Warning issued](#)

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

The Hong Kong Observatory has issued the Very Hot Weather Warning.

To prevent heat stroke, avoid prolonged activities outdoors.

If engaged in outdoor work or activities, wear a wide-brimmed hat and light-coloured, loose-fitting clothes. Stay in shaded areas as much as possible.

Drink plenty of water, and avoid beverages containing caffeine or alcohol.

If you feel sick, consult a doctor right away.

[Man holding charged with murder](#)

Police today (August 6) laid a holding charge against a 58-year-old man with one count of murder.

The man was arrested yesterday (August 5) in suspected connection with a murder case in Tin Sum happened on the same day in which a 59-year-old man died.

The case will be mentioned at Shatin Magistrates' Courts tomorrow (August 7).

[Monitoring and announcement mechanism for impact of private construction works on railway operation](#)

The Government elaborated today (August 6) the mechanism to monitor and make announcement, as well as specific measures regarding the impact of private construction works within railway protection area on the structural safety of railway facilities and safe operation of railway.

A Government spokesman said that generally foundation works causing settlement in nearby structure is not uncommon. To protect railway safety, the Government and the MTR Corporation Limited (MTRCL) have put in place stringent monitoring mechanisms in handling settlement of railway facilities caused by private construction works within railway protection areas. In view of public concerns to the notification arrangement as revealed in a few

recent incidents, the Buildings Department (BD), the Electrical and Mechanical Services Department (EMSD) and the MTRCL have reviewed the existing arrangement and stipulated measures to enhance communication and improve information dissemination arrangement.

In accordance with the Buildings Ordinance (BO), private development projects have all along been required to obtain consent from BD and notify the department before commencing construction works. Under the new mechanism, BD will notify both EMSD and MTRCL when granting consent to commence works for a private development project within railway protection area to allow MTRCL to timely formulate plan to monitor a safe railway operation. In individual cases if it comes to MTRCL's knowledge from other sources that private works have commenced within railway protection areas, MTRCL will notify BD and EMSD to enhance communication.

BD will continue to formulate settlement monitoring checkpoint(s) and applicable pre-set limit(s) for works suspension for relevant private development projects. In addition, MTRCL may require the developer of a private development project to set up additional monitoring checkpoint(s) and prescribe pre-set limit(s) for works suspension according to the established procedures for railway protection. During construction of the private development project, if any monitoring checkpoint within the railway protection area records a settlement reading reaching the pre-set limit for works suspension set by MTRCL or the Government, or in any other circumstances where MTRCL or relevant government departments consider the settlement may affect the safety of railway facilities or railway operation thereby warranting works suspension, MTRCL, BD and EMSD will notify each other immediately. In the next 48 hours, BD will complete inspection of the affected railway facilities to confirm their structural safety, and EMSD will complete reviewing MTRCL's rail monitoring data to ensure a safe railway operation. BD and EMSD will then issue a joint press release to report the situation to the public.

The spokesman reiterated that foundation works causing settlement in nearby structure is not uncommon. If the relevant settlement situation stays within the pre-set limit of the relevant monitoring checkpoint, it is not necessary to suspend the relevant construction works. If the settlement reading reaches the limit for works suspension, the works have to be suspended and the relevant registered building professionals have to consider additional mitigation measures and remedial measures to rectify the situation. However, it does not mean that the relevant railway facilities have been rendered structurally unsafe or the railway operation has become unsafe.

The spokesman supplemented that during works suspension, BD, EMSD and MTRCL will continue to closely monitor the situation to ensure the structural safety of the railway facilities and the safe operation of the railway. BD and MTRCL will request the registered building professionals responsible for the private development project to stipulate mitigation measures to reduce impact brought to the structure of railway facilities. EMSD will also ensure that MTRCL implements stringent monitoring measures ensuring a safe railway operation.

Upon receipt of application to resume construction works, BD will continue to vigorously scrutinise such application under the principle of ensuring structural safety of the railway facilities. BD will consult EMSD, other relevant government departments and MTRCL per the established mechanism. BD and EMSD will jointly announce to the public the decision to accept application to resume construction works.

According to the information provided by MTRCL, there are now 64 projects where settlement situation is being monitored within the railway protection areas. MTRCL will make separate announcement on the list of such projects.

BD regulates the planning, design and construction of buildings and associated works on private land to prescribed building safety standards according to the BO. To safeguard the safety of railway structures, construction works located within the railway protection area as stipulated under Schedule 5 of the BO should comply with a more stringent set of standards, the registered building professionals must monitor the effect arising from the building works to adjacent railway structures per the requirements set out in the BO and its subsidiary regulations, as well as relevant "Practice Notes for Authorized Persons, Registered Structural Engineers and Registered Geotechnical Engineers" issued etc. Comments and agreement of MTRCL have to be sought for the plans of the proposed works and the monitoring proposal. The registered building professionals are also required to inform MTRCL direct before the commencement of any building works to enable formulation of appropriate monitoring plan. EMSD regulates and monitors the safety of railway operation according to the Mass Transit Railway Ordinance and its subsidiary regulations.

As for MTRCL, its dedicated railway protection team will monitor the status of various railway facilities in accordance with a set of stringent railway protection measures and procedures, including regular machinery inspection of railway structures to ensure that the track is always maintained in a safe and good condition, and requiring the contractor responsible for building works to set up additional monitoring checkpoints at appropriate locations to assist MTRCL to monitor the situation.