

Red flag hoisted at Lo So Shing Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (August 3) that due to big waves, red flag has been hoisted at Lo So Shing Beach in Islands District. Beach-goers are advised not to swim at the beach.

Re-appointments of Commissioner and Panel Judge under Interception of Communications and Surveillance Ordinance

The Government announced today (August 3) that the Chief Executive, on the recommendation of the Chief Justice, has re-appointed the Commissioner on Interception of Communications and Surveillance and a Panel Judge under the Interception of Communications and Surveillance Ordinance (Chapter 589).

The Chief Executive has re-appointed Mr Azizul Rahman Suffiad, a former Judge of the Court of First Instance of the High Court, as the Commissioner for a term of three years with effect from August 17, 2018, to August 16, 2021. Under the Ordinance, the Commissioner performs the role of an independent oversight authority to ensure the law enforcement agencies' compliance with the requirements of the Ordinance.

Commenting on the Commissioner's appointment, the Chief Executive, Mrs Carrie Lam, said, "Mr Suffiad is a retired judge with a wealth of experience and very conversant with the operation of the regime under the Ordinance. He served as a Panel Judge under the Ordinance from the enactment of the Ordinance in 2006 until his retirement from the post in 2014. Mr Suffiad became the Commissioner in August 2015, and has been devoted to performing his function as an independent oversight authority under the Ordinance to ensure the law enforcement agencies' compliance and the effective operation of the regulatory regime. I am confident that he will remain capable of taking up the important position as the Commissioner."

Furthermore, under the Ordinance, there should be three to six Panel Judges to consider applications for authorisations of interception and Type 1

surveillance and for device retrieval warrants.

The Chief Executive has re-appointed Mr Justice Andrew Chung On-tak, a Judge of the Court of First Instance of the High Court, as a Panel Judge under the Ordinance for another term of three years from August 9, 2018, to August 8, 2021.

The Chief Executive said, "Mr Justice Chung has been serving as a Panel Judge under the Ordinance since 2006. I am grateful for his ongoing dedicated service and am confident that he, together with two other Panel Judges, will continue to make use of their expertise and experience to ensure the effective operation of the regulatory regime under the Ordinance."

The Ordinance provides a comprehensive statutory framework for regulating the carrying out of interception and covert surveillance by designated law enforcement agencies and aims to strike a balance between protecting the rights of the community to law and order and the privacy rights of the individual.

[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 3) 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.