



# Occupational Health Public Talk

April 2024

The Occupational Health Service, Labour Department, organises occupational health public talks in each month to enhance employers and employees on the awareness of occupational health. All the occupational health public talks are conducted in Cantonese. Admission is free but pre-registration is required. Participants who have full attendance will be issued an 'attendance certificate'.

Online registration: [www.oshsreg.gov.hk/en](http://www.oshsreg.gov.hk/en)

Enquiry: 2852 4040



Health Talk (1)	Health Talk (2)
<p><b>Topic:</b> Occupational Safety and Health for Confined Space Workers</p> <p><b>Content:</b> To enhance workers' OSH awareness in confined spaces, the talk will explain the related OSH hazards as well as their preventive measures.</p> <p><b>Date:</b> 2.4.2024 (Tuesday)</p> <p><b>Time:</b> 3:30 pm to 5 pm</p> <p><b>Venue:</b> Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B)</p> <p><b>Speaker:</b> Occupational Hygienist Occupational Safety Officer Occupational Health Nurse</p>	<p><b>Topic:</b> Noise Hazards &amp; Prevention of Hearing Loss</p> <p><b>Content:</b> Introduces the Factories and Industrial Undertakings (Noise at Work) Regulation, the Occupational Deafness Compensation Scheme and explains the health hazards caused by noise at work and measures for preventing hearing loss.</p> <p><b>Date:</b> 10.4.2024 (Wednesday)</p> <p><b>Time:</b> 3:30 pm to 5 pm</p> <p><b>Venue:</b> Lecture Hall, Hong Kong Space Museum 10 Salisbury Road, Tsim Sha Tsui, Kowloon (MTR Tsim Sha Tsui Station Exit E)</p> <p><b>Speaker:</b> Representative from the Occupational Deafness Compensation Board Occupational Hygienist Occupational Health Nurse</p>
Health Talk (3)	Health Talk (4)
<p><b>Topic:</b> Occupational Health of Office Workers Series (III) More Exercise, Smart Work</p> <p><b>Content:</b> Includes the benefits of exercise, and cover demonstrations and practice of workplace exercises.</p> <p><b>Date:</b> 24.4.2024 (Wednesday)</p> <p><b>Time:</b> 3:30 pm to 5 pm</p> <p><b>Venue:</b> Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2)</p> <p><b>Speaker:</b> Occupational Health Nurse</p>	<p><b>Topic:</b> Prevention of Heat Stroke at Work in a Hot Environment</p> <p><b>Content:</b> Designed for workers in hot environments to enhance their awareness of heat stroke prevention, will cover symptoms of heat-related illnesses, its first aid and preventive measures.</p> <p><b>Date:</b> 29.4.2024 (Monday)</p> <p><b>Time:</b> 6:30 pm to 8 pm</p> <p><b>Venue:</b> Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B)</p> <p><b>Speaker:</b> Occupational Hygienist Occupational Health Nurse</p>



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Health Talk (1)		Health Talk (2)	
<b>Topic:</b>	<b>Prevention of Heat Stroke at Work in a Hot Environment and Heat Stress Risk Assessment</b>	<b>Topic:</b>	<b>Prevention of Heat Stroke at Work in a Hot Environment and Heat Stress Risk Assessment</b>
<b>Content:</b>	Designed for workers in hot environments to enhance their awareness of heat stroke prevention, covers symptoms of heat-related illnesses, its first aid, preventive measures and risk assessment.	<b>Content:</b>	Designed for workers in hot environments to enhance their awareness of heat stroke prevention, covers symptoms of heat-related illnesses, its first aid, preventive measures and risk assessment.
<b>Date:</b>	8.5.2024 (Wednesday)	<b>Date:</b>	14.5.2024 (Tuesday)
<b>Time:</b>	3:30 pm to 5 pm	<b>Time:</b>	3:30 pm to 5 pm
<b>Venue:</b>	Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2)	<b>Venue:</b>	Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B)
<b>Speaker:</b>	Occupational Hygienist Occupational Health Nurse	<b>Speaker:</b>	Occupational Hygienist Occupational Health Nurse
Health Talk (3)		Health Talk (4)	
<b>Topic:</b>	<b>Work and Common Gastrointestinal Diseases</b>	<b>Topic:</b>	<b>Manual Handling Operations and Prevention of Back Injuries</b>
<b>Content:</b>	Introduces some common gastrointestinal diseases, their causes, symptoms and treatments. In addition, it will highlight the mutual influence of work and common gastrointestinal diseases, and preventive measures to promote employees’ occupational health.	<b>Content:</b>	Introduces the structure and functions of the back, causes and preventive measures of back injuries, and proper manual handling operation. Demonstrations and practice of workplace exercises will be included.
<b>Date:</b>	27.5.2024 (Monday)	<b>Date:</b>	28.5.2024 (Tuesday)
<b>Time:</b>	3:30 pm to 5 pm	<b>Time:</b>	6:30 pm to 8 pm
<b>Venue:</b>	Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2)	<b>Venue:</b>	Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B)
<b>Speaker:</b>	Occupational Health Nurse	<b>Speaker:</b>	Occupational Hygienist Occupational Health Nurse



# Occupational Health Public Talk

June 2024

The Occupational Health Service, Labour Department, organises occupational health public talks in each month to enhance employers and employees on the awareness of occupational health. All the occupational health public talks are conducted in Cantonese. Admission is free but pre-registration is required. Participants who have full attendance will be issued an ‘attendance certificate’.

**Online registration:** [www.oshsreg.gov.hk/en](http://www.oshsreg.gov.hk/en)

**Enquiry:** 2852 4040



Health Talk (1)		Health Talk (2)	
<b>Topic:</b>	<b>Prevention of Heat Stroke at Work in a Hot Environment and Heat Stress Risk Assessment</b>	<b>Topic:</b>	<b>Prevention of Lower Limb Disorders and Guidance Notes on Standing at Work</b>
<b>Content:</b>	Designed for workers in hot environments to enhance their awareness of heat stroke prevention, covers symptoms of heat-related illnesses, its first aid, preventive measures and risk assessment.	<b>Content:</b>	Introduces symptoms, treatment and preventive measures of some common lower limb disorders. Demonstration and practice of workplace exercise and a briefing on the Labour Department’s “Guidance Notes on Standing at Work and Service Counter Design” will be included.
<b>Date:</b>	3.6.2024 (Monday)	<b>Date:</b>	11.6.2024 (Tuesday)
<b>Time:</b>	3:30 pm to 5 pm	<b>Time:</b>	6:45 pm to 8:15 pm
<b>Venue:</b>	Lecture Hall, Hong Kong Space Museum 10 Salisbury Road, Tsim Sha Tsui, Kowloon (MTR Tsim Sha Tsui Station Exit E)	<b>Venue:</b>	Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B)
<b>Speaker:</b>	Occupational Hygienist Occupational Health Nurse	<b>Speaker:</b>	Occupational Hygienist Occupational Health Nurse
Health Talk (3)		Health Talk (4)	
<b>Topic:</b>	<b>Occupational Safety and Health for Confined Space Workers</b>	<b>Topic:</b>	<b>First Aid in the Workplace</b>
<b>Content:</b>	To enhance workers’ OSH awareness in confined spaces, the talk will explain the related OSH hazards as well as their preventive measures.	<b>Content:</b>	Introduces basic knowledge of first aid and explain how to assist and handle injured employees in workplace accidents through case illustrations.
<b>Date:</b>	14.6.2024 (Friday)	<b>Date:</b>	24.6.2024 (Monday)
<b>Time:</b>	3:30 pm to 5 pm	<b>Time:</b>	3:30 pm to 5 pm
<b>Venue:</b>	Lecture Hall, Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui, Kowloon (MTR Tsim Sha Tsui Station Exit E)	<b>Venue:</b>	Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B)
<b>Speaker:</b>	Occupational Hygienist Occupational Safety Officer Occupational Health Nurse	<b>Speaker:</b>	Occupational Health Nurse