

## Synopsis of Occupational Health Talks

Ref. No.	Topic	Duration	Description
1.	Strategies for the Prevention of Occupational Diseases	1 hour	Occupational hazards in various industries can affect employees' health. This health talk introduces some common hazards causing occupational diseases and explains how a hierarchy of control measures can be adopted for the control of different hazards in work environment for the purpose of prevention of occupational diseases.
2.#	Manual Handling Operation and Prevention of Back Injuries	1 hour	This talk explains the health hazards related to incorrect manual handling operation. There is a brief description on the structure and functions of the back. It also discusses the main causes and preventive measures of back injuries including the proper manual lifting procedures and techniques.
3.	Prevention of Upper Limb Disorders	1 hour	This talk aims at enhancing the awareness of the employees on upper limb disorders. There is a brief description on the structure and functions of the upper limbs and discussion on the main causes of upper limbs strain. The employees are reminded of the importance of proper work practice.
4.	Prevention of Lower Limb Disorders	1 hour	Employees in many industries are required to prolong standing or walking at work. Some may even need to carry heavy loads. Plantar fasciitis, varicose vein and osteoarthritis of knee are commonly seen lower limb problems. Their symptoms, treatment and prevention will be discussed in this talk.
5.	Work & Healthy Lifestyle	1½ hours	Good health is good business. This talk introduces the relationship between health and work and what we can do to adopt a healthy lifestyle including balanced diet, regular exercise, adequate rest and stress management etc.
6.	More Exercise, Smart Work	1¼ hours	This talk explains the relationship between exercise and work, how physical fitness helps to fulfill our daily work and prevent work related injuries. Through discussion, employers and employees will have more understanding on the importance of doing regular exercise and merging exercise into their workplace and daily life. Aerobic exercise and stretching exercises at work will also be demonstrated and practiced during the talk.
7.	Occupational Stress	1½ hours	Stress is part of our daily life and no one can avoid it. This talk explains how work stress affects employees' health and how they can keep alert to the stress before it produces negative impacts. One case scenario by video clippings is incorporated into the talk that helps to explore the stress coping strategies.
8.	Occupational Stress Workshop	2 hours	Stress is part of our daily life and no one can avoid it. This talk explains how work stress affects employees' health and how they can keep alert to the stress before it produces negative impacts. Group activities are incorporated into the talk that helps to explore the stress coping strategies.
9.	Work and General Diseases (Diabetes Mellitus and Hypertension)	1 hour	Diabetes mellitus and hypertension are common chronic diseases. They will not only affect your work but also endanger your own and others' safety if one fails to follow the treatment or take precautionary measures at work. This talk explains briefly the signs and symptoms and complications of these diseases. In order to improve the occupational health of employees with these two common diseases, emphasis is laid on the health hints at work such as working in hot environment, work with high physical demands, irregular work schedule, dietary adjustment and therapeutic control.
10.	Medical Examinations for Workers Engaged in Hazardous Occupations in Industrial Undertakings	1 hour	This talk introduces the concept of medical surveillance to employers and employees. It also explains the objectives and importance of medical examinations for workers engaged in hazardous occupations in industrial undertakings.
11.	First Aid Care in the Workplace	1½ hours	This talk introduces the first aid care in various emergency situations such as wound bleeding, fracture, sprain or strain and shock etc.

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12.	First Aid Care in the Workplace (Including demonstration and practice of bandaging)	2 hours	This talk introduces the first aid care in various emergency situations such as wound bleeding, fracture, sprain or strain and shock etc. Demonstration and practice of bandaging are included in the talk.
13.	Prevention of Eye Injuries at Work	45 mins.	This talk is designed for employees working in the industrial undertakings. It briefs the structure of the eyes and possible eye accidents at workplace. Occupational eye injuries and preventive measures will also be discussed in the talk.
14.	Noise Hazards & Prevention of Hearing Loss	45 mins.	This talk explains the health hazards caused by hazardous noise at work. Measures for prevention of hearing loss are introduced.
15.	Occupational Contact Dermatitis	45 mins.	Occupational contact dermatitis is an annoying disease. This talk will explain briefly the structure and functions of the skin. The main causes and preventive measures of this disease will be discussed.
16.	Health Hazards of Hot Environment at Work	45 mins.	This talk aims at enhancing the awareness of employees on the potential health hazards of working in hot environment such as heat stress and heat stroke. Both the preventive measures and first aid management will be discussed.
17.	Chemical and Occupational Health	1 hour	This talk introduces different forms of chemical, explaining their routes of entry into the human body, their health effects and related control measures.
18.	Concept of Infection Control in the Workplace	1 hour	Employees may contact micro-organisms such as bacteria and virus in their workplace. This talk explains how micro-organisms gain entry into the human body and endanger health. Emphasis is laid on the preventive measures.
19.	Occupational Health for Office Workers	1½ hours	This talk is designed for office workers concerning the health hazards in their working environment and the adverse health effects on them. Emphasis is laid on the preventive measures of the health hazards.
20.	Health Hints on the Use of Display Screen Equipment	1¼ hours	This talk is designed for prolonged computer users. It gives a brief introduction of the Display Screen Equipment Regulation and various occupational health hazards. There is a discussion on the preventive measures such as proper work postures, workstation design, administrative control and muscle stretching exercises so as to increase their awareness on occupational health.
21.	Prevention of Musculoskeletal Disorder for Office Workers	1 hour	This talk aims at alerting the office workers on the prevention of musculoskeletal disorders of back and upper limbs arising from prolonged repetitive movements or incorrect sitting postures. Preventive measures will be discussed and muscle stretching exercises will also be demonstrated and practiced.
22.	Occupational Health in Catering Industry	1¼ hours	This talk aims at enhancing the awareness of the employees on the possible health hazards and control measures in the catering industry. The responsibility of building a safe and healthy working environment is laid upon the co-operation between employers and employees.
23.	Manual Handling Operation and Prevention of Back Injuries in Hotel Industry	1 hour	This talk is designed for employees in hotel industry. There is a brief description on the structure and functions of the back. It also explains the common causes of back strain. Emphasis is laid on the preventive measures.
24.	Chemical Hazards in Hotel Industry	1 hour	This talk is designed for the employees in hotel industry. Different forms of chemical, their routes of entry into the human body, their health effects and related control measures are introduced.
25.	Occupational Health for Workers of Residential Care Home for the Elderly	1½ hours	This talk is designed for workers of Residential Care Home for the Elderly. Occupational health hazards that employees may encounter are explored. There is also discussion on the preventive measures of these hazards so as to increase employees' awareness on occupational health.
26.	Manual Handling Operation and Prevention of Back Injuries for Workers of Residential Care Home for the Elderly	1 hour	This talk is designed for workers of Residential Care Home for the Elderly. These workers often encounter back problems. This talk describes the structure and functions of the back. It also explains the common causes of back strain. Emphasis is laid on the preventive measures.

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27.	Concept of Infection Control for Workers of Residential Care Home for the Elderly	1¼ hours	This talk is designed for workers of Residential Care Home for the Elderly. It introduces the causes and mode of transmission of diseases contracted by the workers in their workplace. Emphasis is laid on the preventive measures.
28.	Occupational Health Talk Series for Teachers		This series of talks aim at increasing the awareness of teachers on their occupational health. Note: Can choose one or more than one topic listed below
	28a. Back Care	1¼ hours	The causes of back injuries and their prevention are discussed through case studies. Aerobic exercise and stretching exercises at work will also be demonstrated and practiced.
	28b. Care of Your Voice	45 mins.	This talk introduces the causes of voice problems and their preventive measures.
	28c. Occupational Stress	1¼ hours	The possible stress coping strategies will be explored through interactive activities.
29.	Occupational Health for Workers in Pre-primary Services	1½ hours	Kindergartens and child care centres have heavy workload that may affect their employees' health if it is not properly managed. This talk introduces common occupational health problems in these institutions, e.g. frequent use of student chairs for work, repeated stooping and squatting when taking care of child, frequent use of voice and occupational stress etc. Moreover, this talk will also provide some practical preventive measures such as stretching exercises and hints on voice protection and occupational stress management to enhance occupational health among workers in these institutions.
30.	Occupational Health Talk Series for School Workers		This series of talks aim at increasing the awareness of school workers on their occupational health. Target: Clerical staff, school workmen, laboratory staff etc. Note: Can choose one or more than one topic listed below
	30a. Back Care	1¼ hours	The causes of back injuries and their prevention are discussed through case studies. Aerobic exercise and stretching exercises at work will also be demonstrated and practiced.
	30b. First Aid Care	1 hour	This talk introduces the first aid management in various emergency situations commonly encountered in the school such as wound bleeding, sprain or strain and shock etc.
	30c. Occupational Stress	1¼ hours	The possible stress coping strategies will be explored through interactive activities.
31.	Occupational Health for Students	40 mins.	This talk aims at promoting students' knowledge on occupational health. Potential health hazards in various occupations and their preventive measures will be discussed. Target: F.3 to F. 7 students
32.	Occupational Health for Cleansing Workers	1 hour	This talk is targeted for the indoor cleansing workers. The possible health hazards at work and their preventive measures will be elaborated so as to raise employees' awareness on occupational health.
33.	Occupational Health in Wholesale and Retail Industry	1 hour	This talk introduces the occupational health hazards in wholesale and retail industry. It puts emphasis on the preventive measures and proper procedures in handling loads.
34.	Health Hazards of Working in Confined Space	1 hour	This talk aims at increasing employees' awareness on the health hazards of working in confined spaces. The preventive measures will be discussed.
35.	Occupational Health for Butchers	1 hour	This talk introduces the occupational health hazards for butchers. Participants are explained about the occupational diseases related to their work and the preventive measures of the health hazards.
36.	Noise Hazards and Prevention of Hearing Loss in Entertainment Industry	45 mins.	Employees working in entertainment industry like mahjong centres, discos and game machine shops are exposed to certain degree of noise which comes from the musical instruments, microphone, loud speakers and game machines etc. This talk will explain the health hazards caused by noise at work and the measures for prevention of hearing loss.
37.	Prevention of Silicosis	1 hour	This talk explains what silicosis is, its occurrence in Hong Kong and its effects on health. There will be discussion on the importance of early detection and the preventive measures.

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38.	Health Hazards of Asbestos	1 hour	This talk introduces the types and uses of asbestos, and explains the related occupational diseases that may have caused. Discussion is emphasized on the importance of prevention and control measures.
39.	Occupational Health for Welders	1 hour	This talk explains how welding affects workers' health and the preventive measures will be discussed.
40.	Health Hazards of Lead	1 hour	This talk is designed for those who work with lead in the workplace. It explains the route that lead enters into the human body, signs and symptoms of lead poisoning. There will be discussion on the preventive measures.

**Notes:**

All talks are conducted in Cantonese.

# : The talk can be conducted in English.

A minimum number of participants and advance booking for each talk are required.

The service is free of charge.

For enquiry and arrangement of talk, please contact our nursing staff at 2852 4062.