

Timetable for Occupational Safety and Health Courses

(December 2014 – March 2015)

The following certificate courses on occupational safety and health will be offered in the Occupational Safety and Health Centre. These courses are free of charge and conducted in Cantonese.

Course Title (1/2 day a.m.)	Course Code	Course No.	Course Date
1. Occupational Safety and Health Ordinance and Regulation 2. More Exercise, Smart Work	EX	06 01 02	17/12 21/01 26/03
1. Gas Poisoning in Manholes 2. Confined Spaces Regulation	CS	01	22/01
1. Regulations Related to Safety in Catering Industry 2. Occupational Health in Catering Industry	CI	01	04/02
1. Dangerous Substances Regulations 2. Chemical and Occupational Health	CW	12 01 02 03	19/12 14/01 05/02 18/03
1. Safety Management Regulation 2. Strategies for the Prevention of Occupational Diseases	OHC	06 01 02	11/12 29/01 25/03
1. Legal Requirements on Manual Handling Operations 2. Manual Handling Operations and Prevention of Back Injuries	MH	26 27 01 02 03 04 05 06 07 08	03/12 18/12 07/01 15/01 28/01 11/02 26/02 04/03 19/03 27/03
1. A Brief Introduction to the Regulation on Display Screen Equipment 2. Health Hints on the Use of Display Screen Equipment	DSE	06 01	16/12 18/02
1. Office Workstation Setup 2. More Exercise, Smart Work	CH	01	11/03

Course Title (1/2 day a.m.)	Course Code	Course No.	Course Date
1. Air Monitoring in the Workplace 2. Chemical and Occupational Health	AW	01	09/01
Occupational Health for Office Workers 1. Prevention of Musculoskeletal Disorder for Office Workers 2. More Exercise, Smart Work <i>(New topic no.1 & 2 in 2015)</i>	OW	07 01 02	30/12 13/01 20/03
Occupational Stress	SM	01 02	23/01 10/03
1. Work and Common Gastrointestinal Diseases 2. Work & Health Lifestyle	HW	01	06/02
First Aid Care in the Workplace <i>(including demonstration and practice of bandaging)</i>	FA	37 38 39 40 01 02 03 04 05 06 07 08 09 10 11	02/12 12/12 23/12 31/12 06/01 20/01 30/01 03/02 10/02 17/02 27/02 06/03 17/03 24/03 31/03
1. Occupational Health for Welders 2. More Exercise, Smart Work	GP	01	25/02
1. Prevention of Upper Limb Disorders 2. Prevention of Lower Limb Disorders	RSI	10 01 02 03	09/12 16/01 24/02 03/03
1. Occupational Health for Cleansing Workers 2. Concept of Infection Control in the Workplace	SW	01	27/01
1. Prevention of Eye Injuries at Work 2. Medical Examination for Workers Engaged in Hazardous Occupations in Industrial Undertakings	ME	01	10/12

Course Title (1/2 day a.m.)	Course Code	Course No.	Course Date
1. Occupational Health in Wholesale & Retail Industry 2. Prevention of Lower Limb Disorders	RT	03	04/12
1. Manual Handling Operations and Prevention of Back Injuries for Workers of Residential Care Home for the Elderly 2. Concept of Infection Control for Workers of Residential Care Home for the Elderly	BIO	01	13/02
1. Occupational Health for Professional Drivers 2. Prevention of Lower Limb Disorders *Work & General Diseases (Diabetes Mellitus and Hypertension) *(New topic to replace topic 2 in 2015)	PD	04 01	05/12 13/03

Note for Application:

To enroll for the courses, please download the Form [\[OSHC-A1\]](#), fill in all the items and fax or mail to the Occupational Safety and Health Centre.

Occupational Safety and Health Centre

2/F, Kwun Tong Jockey Club Health Centre,
457, Kwun Tong Road, Kowloon

(The Centre will be relocated to 'Kwun Tong Community Health Centre Building' at 60 Hip Wo Street, Kwun Tong in early 2015. Applicants will be informed individually of the exact date of removal once confirmed.)

Tel. : 2361 8240

Fax : 2307 9867

Office Hours: Monday to Friday 9 a.m. to 5 p.m.
Saturday 9 a.m. to 1 p.m.

*** The timetable for the courses and the programme will be updated every month***