

Timetable for Occupational Safety and Health Courses

(February 2012 – May 2012)

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 Content (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	02	20/02
		03	12/03
		04	20/04
		05	16/05
1. Gas Poisoning in Manholes 2. Confined Spaces Regulation	CS	01	13/02
1. Regulations Related to Safety in Catering Industry 2. Occupational Health in Catering Industry	CI	02	27/02
		03	21/03
		04	24/04
		05	09/05
1. Dangerous Substances Regulations 2. Chemical Hazards for General Workers	CW	02	15/02
		03	08/03
		04	16/04
		05	25/05
1. Legal Requirements on Manual Handling Operations 2. Manual Handling Operations and Prevention of Back Injuries	MH	05	06/02
		06	14/02
		07	23/02
		08	28/02
		09	06/03
		10	14/03
		11	22/03
		12	26/03
		13	05/04
		14	13/04
		15	17/04
		16	26/04
		17	02/05
18	07/05		
19	15/05		
20	22/05		

Course Content (1/2 day a.m.)	Course Code	Course No.	Course Date
1. Safety Management Regulation 2. Strategies for the Prevention of Occupational Diseases	OHC	02 03 04 05	02/02 19/03 11/04 24/05
1. A Brief Introduction to the Regulation on Display Screen Equipment 2. Health Hints on the Use of Display Screen Equipment	DSE	01 02 03	08/02 20/03 10/05
1. Office Workstation Setup 2. More Exercise, Smart Work	CH	01	18/04
1. A Brief Introduction to Noise at Work Regulation 2. Noise Hazards and Prevention of Hearing Loss	NH	01	09/02
1. Occupational Safety and Health Ordinance and Regulation 2. Occupational Health for Teachers: Care of Your Voice	TE	02 03	07/03 14/05
1. Air Monitoring in the Workplace 2. Chemical Hazards for General Workers	AW	01	23/04
1. Occupational Safety and Health Ordinance and Regulation 2. Health Hazards of Hot Environment at Work	HS	01 02 03 04	02/04 25/04 18/05 28/05
1. Prevention of Eye Injuries at Work 2. Lighting Assessment in the Workplace	LI	01	30/03
Occupational Health for Office Workers	OW	02 03	09/03 30/05
Occupational Health for Elderly Home Workers	EW	01 02	03/02 15/03
Occupational Stress	SM	02 03	02/03 08/05
Work & Healthy Lifestyle	HW	02 03	28/03 25/05
1. Health Hazards of Working in Confined Spaces 2. Occupational Health for Welders	GP	01 02	29/02 30/04
1. Occupational Health for Cleansing Workers 2. Occupational Contact Dermatitis	SW	02 03	01/02 21/05

Course Content (1/2 day a.m.)	Course Code	Course No.	Course Date
1. Prevention of Eye Injuries at Work 2. Medical Examination for Workers Engaged in Hazardous Occupations in Industrial Undertakings	ME	01	21/02
1. Occupational Health in Wholesale & Retail Industry 2. Prevention of Lower Limbs Disorder	RT	02 03	01/03 31/05
1. Prevention of Upper Limbs Disorder 2. Prevention of Lower Limbs Disorder	RSI	02 03 04 05 06 07 08	07/02 24/02 16/03 27/03 10/04 04/05 17/05
First Aid Care in the Workplaces <i>(with demonstration and practice of bandaging)</i>	FA	04 05 06 07 08 09 10 11 12 13 14 15 16 17	10/02 16/02 22/02 05/03 13/03 23/03 29/03 03/04 12/04 19/04 03/05 11/05 22/05 29/05
1. Elderly Home Workers – Manual Handling Operations and Prevention of Back Injuries 2. Elderly Home Workers – Concept of Infection Control	BIO	01 02	17/02 27/04

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

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***