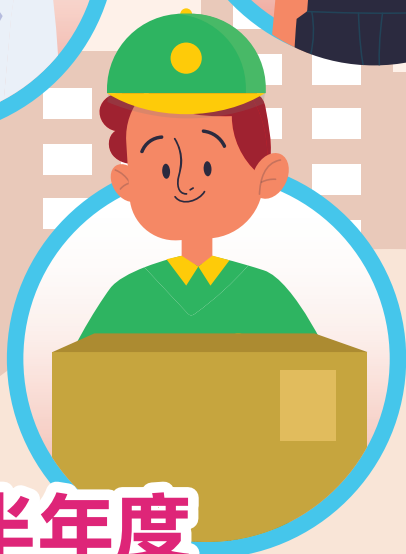




勞工處

Labour Department

職業安全 Occupational Safety and Health Centre 健康中心



2026年下半年度

職業安全及健康課程

Occupational Safety and Health Courses
July - December 2026



網上報名

Online application

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僱主及僱員可參考下列資料，選擇參加與其行業相關的課程

Employers and employees can refer to the following information for choice of courses related to their industries

行業類別 Industrial Classification	行業例子 Examples of Industry	課程代碼 Course Code	頁數 Page
製造業 Manufacturing	製造食品、成衣、化學品、塑膠產品、電腦 / 電子產品、電器設備 Manufacturing of food products, wearing apparel, chemicals, plastic products, computer/electronic products, electrical equipment	CW	8
		RME	8
		MH	9
		NH	12
電力及燃氣供應 Electricity & gas supply	發電、輸電及配電；燃氣製造及配送 Electricity power generation, transmission & distribution; Manufacture & distribution of gas	MH	9
		HS	10
建造業 Construction	樓房的建造、土木工程、油漆 Construction of buildings, civil engineering, painting	CS	7
		CW	8
		RME	8
		MH	9
		HS	10
進出口貿易及批發 Import/export & wholesale trades	各類進出口貿易及批發 Various import/export & wholesale trades	MH	9
		OW	11
		DSE	11
		MDOW	13
		DSEHE	19
零售業 Retail trades	超級市場、百貨公司、油站、各類零售店 Supermarkets, department stores, petrol filling stations, various retail shops	MH	9
運輸、倉庫、郵政及速遞服務 Transportation, storage, postal & courier services	陸路 / 水上運輸、貨倉服務、郵政 / 速遞活動 Land/water transport, warehousing, postal/courier activities	MH	9
		HS	10
		PD	15
住宿及膳食服務活動 Accommodation & food service activities	酒店、賓館、旅舍、酒樓餐館、快餐店 Hotels, guesthouses, boarding houses, restaurants, fast food cafes	CI	7
		MH	9
		HI	10
		HS	10
		DSE	11
		CLW	13
		CD	14
DSEHE	19		
資訊及通訊 Information & communications	書籍 / 雜誌 / 軟件出版、電視節目編製及廣播活動、電訊活動 Books/Magazines/Softwares publishing, television programming & broadcasting activities, telecommunications activities	MH	9
		OW	11
		DSE	11
		MDOW	13
		DSEHE	19

僱主及僱員可參考下列資料，選擇參加與其行業相關的課程
Employers and employees can refer to the following information for choice of courses related to their industries

行業類別 Industrial Classification	行業例子 Examples of Industry	課程代碼 Course Code	頁數 Page
金融及保險 / 地產活動 Financial & insurance/Real estate activities	銀行、保險、地產管理服務 Banks, insurance, real estate management services	SG	9
		OW	11
		DSE	11
		MDOW	13
		SGD	17
		DSEHE	19
行政及支援服務活動 Administrative & support service activities	清潔、辦公室支援、電話服務中心 Cleaning, office support, call centres	CW	8
		MH	9
		SG	9
		DSE	11
		CLW	13
		CD	14
		DSEHE	19
教育 Education	學前教育、專上課程院校 Pre-primary education, post-secondary colleges	OW	11
		DSE	11
		MDOW	13
		DSEHE	19
人類保健及社會工作 Human health & social work activities	醫院、診所、護養院、青少年 / 兒童中心 Hospitals, clinics, nursing homes, youth/child centres	CW	8
		RME	8
		RCH	14
藝術、娛樂及康樂活動 Arts, entertainment & recreation	遊樂園及主題樂園、體育活動 Amusement parks & theme parks, sports activities	MH	9
		HS	10
其他個人服務活動 Other personal service activities	洗滌、美容、理髮服務 Laundry, beauty, hairdressing services	CW	8
		HS	10
適合各類行業的課程 Courses suitable for all industries		EX	6
		SPOD	6
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安全法例與職業健康課程

Safety Legislation and Occupational Health Courses

課程名稱 Course Title		課程代碼 Course Code	課程編碼 Course No.	上課日期 Date
1.1 職業安全及健康條例與規例 Occupational Safety and Health Ordinance and Regulations	(半天 上午) (½ day a.m.)	EX	05	13/8
1.2 勤運動、工作醒 More Exercise, Smart Work			06	17/9
			07	10/11
			08	14/12
課程內容 Course Contents:				
<p>1.1 本講座簡單介紹「職業安全及健康條例」下僱主和僱員的一般責任。同時亦會介紹「職業安全及健康規例」。內容包括意外預防、防火措施、工作地點環境、工作地點衛生、急救設施及體力處理操作。 The talk introduces general duties of employers and employees under the Ordinance. The talk also introduces the requirements of the Occupational Safety and Health Regulation. Contents include accident prevention, fire precautions, workplace environments, hygiene at workplaces, first aid at workplaces and manual handling operations.</p> <p>1.2 本講座說明運動能提升個人體適能，使員工增加應付工作和日常生活的能力，減低工作時受傷的機會。透過討論，使僱主和僱員明白如何將運動融入工作間和日常生活中。講座包括示範和實習工作間運動及帶氧運動。 This talk explains how exercise enhances one's physical fitness and empowers them to cope with their daily work and prevent work related injuries. Through discussion, employers and employees will understand more on integration of exercise into their workplaces and daily life. Demonstration and practice of workplace exercise and aerobic exercise are included in the talk.</p>				
2.1 職業安全及健康條例與規例 Occupational Safety and Health Ordinance and Regulations	(半天 上午) (½ day a.m.)	SPOD	03	10/9
2.2 職業病預防策略 Strategies for the Prevention of Occupational Diseases			04	11/12
課程內容 Course Contents:				
<p>2.1 本講座簡單介紹「職業安全及健康條例」下僱主和僱員的一般責任。同時亦會介紹「職業安全及健康規例」。內容包括意外預防、防火措施、工作地點環境、工作地點衛生、急救設施及體力處理操作。 The talk introduces general duties of employers and employees under the Ordinance. The talk also introduces the requirements of the Occupational Safety and Health Regulation. Contents include accident prevention, fire precautions, workplace environments, hygiene at workplaces, first aid at workplaces and manual handling operations.</p> <p>2.2 本講座介紹一般工作上所遇到的健康危害因素和預防及控制措施的原則。 The talk introduces general concepts on the identification of occupational health hazards, principles of control and preventive measures in the workplaces.</p>				

安全法例與職業健康課程 Safety Legislation and Occupational Health Courses

課程名稱 Course Title		課程代碼 Course Code	課程編碼 Course No.	上課日期 Date
3.1 沙井中毒的危害 Gas Poisoning in Manholes	(半天 上午) (½ day a.m.)	CS	02	27/10
3.2 密閉空間規例 Confined Spaces Regulations				
<p>課程內容 Course Contents:</p> <p>3.1 本講座簡介在沙井工作，怎樣預防氣體中毒意外。 The talk gives a brief introduction to prevention of gassing accidents in manholes.</p> <p>3.2 根據這規例，從事密閉空間工作的核准工人須持有有效證明書，東主須委任合資格人士進行危險評估等。本課程簡介此規例之各項規定。 The Regulation requires each worker working in confined spaces to hold a valid certificate; the proprietor to appoint a competent person to conduct an assessment, etc. This course outlines the requirements of the Regulation.</p>				
4.1 飲食業安全的主要相關法例 Major Safety Legislation Related to Working in Catering Trade	(半天 上午) (½ day a.m.)	CI	02	19/11
4.2 飲食業雇員的職業健康 Occupational Health in Catering Industry				
<p>課程內容 Course Contents:</p> <p>4.1 本課程簡介一系列與飲食業相關的主要安全法例。包括：1) 職業安全及健康條例及規例、2) 工廠及工業經營條例及規例、3) 機械的防護及操作規例、4) 應呈報工場的防火設備規例、5) 電力規例、及 6) 危險物質規例等。 The course outlines a series of major safety legislation related to catering industry which includes: 1) Occupational Safety and Health Ordinance and Regulation, 2) Factories and Industrial Undertakings Ordinance and Regulations, 3) Guarding & Operation of Machinery Regulations, 4) Fire Precautions in Notifiable Workplaces Regulations, 5) Electricity Regulations, and 6) Dangerous Substances Regulations, etc.</p> <p>4.2 簡介飲食業雇員的潛在健康危害因素及控制危害的措施。 To introduce the potential health hazards and control measures in the catering industry.</p>				

安全法例與職業健康課程 Safety Legislation and Occupational Health Courses

課程名稱 Course Title		課程代碼 Course Code	課程編碼 Course No.	上課日期 Date	
5.1 危險物質規例 Dangerous Substances Regulations	(半天 上午) (½ day a.m.)	CW	10	7/7	
5.2 化學品與職業健康 Chemicals and Occupational Health			11	24/7	
課程內容 Course Contents:			12	6/8	
5.1 在這規例下，東主有責任在每個盛載危險物質的容器加上限定格式的標籤。東主及僱員須採取合理安全措施以符合法例的要求。本課程簡介該規例中有關標籤的規格及標籤制度。 Under the Regulations, the proprietor has a duty to label every container holding dangerous substance in prescribed form. Both the proprietor and workers are required to take all reasonable safety measures to comply with the statutory requirements. This course outlines the prescribed form of labels and the labelling system under the Regulations.			13	4/9	
5.2 本講座介紹化學品進入人體的途徑和對健康的影響，並討論各種控制化學品的方法。 The talk introduces how chemicals enter into human body, their health effects and the control measures.			14	25/9	
			15	15/10	
			16	5/11	
			17	24/11	
			18	3/12	
6.1 安全管理規例 Safety Management Regulation	(半天 上午) (½ day a.m.)		RME	03	15/9
6.2 工業經營中從事危險職業員工的身體檢查 Medical Examinations for Workers Engaged in Hazardous Occupations in Industrial Undertakings				04	28/12
課程內容 Course Contents:					
6.1 在這規例下，1) 建築地盤、2) 船廠、3) 工廠、4) 電力的生產、變壓或輸送、5) 煤氣或石油氣的生產或輸送、及 6) 貨櫃處理作業等行業的東主及承建商須發展、實施及維持一個安全管理制度。本課程簡介規例中的 14 項安全管理元素，及有關安全審核和安全查核的規定。 The Regulation requires the proprietors and contractors of 1) Construction work, 2) Shipyard, 3) Factory, 4) Generation, transformation and transmission of electricity, 5) Generation and transmission of town gas, or liquefied petroleum gas, and 6) Container handling to develop, implement and maintain a safety management system. This course outlines the 14 safety management elements, and the requirements of safety audit and safety review.					
6.2 向僱主及僱員介紹健康監察的概念，並解釋在工業經營中從事危險職業員工的身體檢查目的及其重要性。 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.					

安全法例與職業健康課程

Safety Legislation and Occupational Health Courses

課程名稱 Course Title		課程代碼 Course Code	課程編碼 Course No.	上課日期 Date
7.1 體力處理操作的安全規例 Safety Regulations on Manual Handling Operations	(半天 上午) (½ day a.m.)	MH	21	3/7
7.2 體力處理操作及預防背部勞損 Manual Handling Operations and Prevention of Back Injuries			22	13/7
	23		28/7	
	24		3/8	
	25		18/8	
課程內容 Course Contents:	26		27/8	
7.1 職業安全及健康規例第 VII 部訂明相關體力處理操作的規定，並包括體力處理操作風險評估，及各項預防性和保護性措施等。本課程簡介有關該規例的各項規定。 Part VII of the Occupational Safety and Health Regulation prescribes the safety measures of manual handling operations which include risk assessment, and preventive and protective measures, etc. This course outlines the requirements of the Regulation.	27		1/9	
	28		7/9	
	29		22/9	
	30		28/9	
7.2 本講座簡單介紹背部結構和功能，並討論腰背受傷的主要成因，預防措施和正確的人力提舉方法。 This talk gives a brief description on the structure and functions of the back. It also discusses the main causes and preventive measures of back injuries. Proper manual lifting procedure is introduced.	31		5/10	
	32		13/10	
	33		22/10	
	34		3/11	
	35		12/11	
	36		16/11	
	37		26/11	
	38		1/12	
	39		22/12	
	40		29/12	
8.1 職業安全及健康條例與規例 Occupational Safety and Health Ordinance and Regulations	(半天 上午) (½ day a.m.)	SG	02	8/12
8.2 物業保安員的職業健康 Occupational Health for Security Guards				
課程內容 Course Contents:				
8.1 本講座簡單介紹「職業安全及健康條例」下僱主和僱員的一般責任。同時亦會介紹「職業安全及健康規例」。內容包括意外預防、防火措施、工作地點環境、工作地點衛生、急救設施及體力處理操作。 The talk introduces general duties of employers and employees under the Ordinance. The talk also introduces the requirements of the Occupational Safety and Health Regulation. Contents include accident prevention, fire precautions, workplace environments, hygiene at workplaces, first aid at workplaces and manual handling operations.				
8.2 下肢和腰背勞損是物業保安員常見的職業健康危害。本講座介紹上述危害的成因和預防措施，同時簡介健康生活小錦囊以配合工作需求，並示範和練習工作間運動。 Lower limbs and back disorders are the common occupational health hazards among security guards. The talk introduces the causes and preventive measures of these hazards. Tips on healthy living to meet the job demand would also be introduced. Demonstration and practice of workplace exercise are included.				

安全法例與職業健康課程 Safety Legislation and Occupational Health Courses

課程名稱 Course Title		課程代碼 Course Code	課程編碼 Course No.	上課日期 Date
9.1 酒店業安全的主要相關法例 Legislation Related to Safety in Hotel Industry	(半天 上午) (½ day a.m.)	HI	02	17/12
9.2 酒店業僱員：化學品與職業健康 Chemicals and Occupational Health in Hotel Industry				
<p>課程內容 Course Contents:</p> <p>9.1 本課程簡介一系列與酒店業相關的主要安全法例。包括：1) 職業安全及健康條例及規例，包含與體力處理操作之有關規例、2) 工廠及工業經營條例及規例、3) 機械的防護及操作規例、4) 應呈報工場的防火設備規例及 5) 危險物質規例等。 The course outlines a series of major safety legislation related to hotel industry which includes: 1) Occupational Safety and Health Ordinance and Regulation, including those connected with manual handling operations regulations, 2) Factories and Industrial Undertakings Ordinance and Regulations, 3) Guarding & Operation of Machinery Regulations, 4) Fire Precautions in Notifiable Workplaces Regulations, and 5) Dangerous Substances Regulations, etc.</p> <p>9.2 本講座是為酒店業僱員而設。內容包括化學品進入人體的途徑、對健康的影響和預防及控制化學品危害的方法。 This talk is designed for the employees working in hotel industry. The content includes how chemicals enter the human body, the health impact of chemicals, as well as the prevention and control of chemical hazards.</p>				
10.1 惡劣天氣下及酷熱環境下工作的安全法例 Safety Legislation on Working in Times of Inclement Weather and Hot Environment	(半天 上午) (½ day a.m.)	HS	04	9/7
10.2 酷熱環境下工作預防中暑 Prevention of Heat Stroke at Work in a Hot Environment			05	16/7
<p>課程內容 Course Contents:</p> <p>10.1 本課程簡介相關酷熱環境及惡劣天氣下工作的安全及健康法例。 The course outlines the safety and health legislation related to working in hot environment and inclement weather.</p> <p>10.2 介紹酷熱環境下工作的潛在危害及其預防措施。 Introduces the potential health hazards of working in hot environments and the preventive measures.</p>			06	14/8
			07	25/8

安全法例與職業健康課程

Safety Legislation and Occupational Health Courses

課程名稱 Course Title	課程代碼 Course Code	課程編碼 Course No.	上課日期 Date
11.1 防止辦公室及貯藏室工作意外的主要相關安全法例 Major Safety Legislation related to Accident Prevention in Office and Storage Work 11.2 辦公室僱員的職業健康 Occupational Health for Office Workers	(半天 上午) (½ day a.m.)	03 04	8/10 10/12
課程內容 Course Contents: 11.1 本課程簡介一系列相關辦公室及貯藏室工作的安全及健康法例，及其安全預防措施，包括：1) 職業安全及健康條例、2) 體力處理操作、3) 設備的安全使用、4) 電力安全、5) 防火安全及6) 工作環境等等。 This course outlines a series of safety and health legislation, and safety precautions related to office and storage work which include: 1) the Occupational Safety and Health Ordinance, 2) Manual handling operations, 3) Safe use of equipment, 4) Electrical safety, 5) Fire precautions, and 6) Working environments, etc. 11.2 本講座是為辦公室員工而設。內容包括探討危害員工職業健康的因素及預防措施，以提高員工對其職業健康的認識，並示範工作間運動。 This talk is designed for office workers to enhance their awareness on occupational health. The contents include elaborating the occupational health hazards and their preventive measures. Demonstration of workplace exercise is included.		OW	
12.1 「顯示屏幕設備規例」簡介 A Brief Introduction to the Regulation on Display Screen Equipment 12.2 使用電腦的職業健康錦囊 Health Hints on the Use of Computer	(半天 上午) (½ day a.m.)	03 04	10/8 13/11
課程內容 Course Contents: 12.1 本講座簡介「顯示屏幕設備規例」的各項規定。 The talk gives a brief introduction to the Regulation on Display Screen Equipment. 12.2 本講座是為需要長時間使用電腦的員工而設。內容包括簡介職業安全及健康(顯示屏幕設備)規例，探討長時間使用電腦對健康的影響及其預防措施，藉此提高員工對職業健康的關注。講座包括示範工作間運動。 This talk is designed for prolonged computer users to enhance their awareness on occupational health. The contents include a brief introduction on the Display Screen Equipment Regulation, elaborating the occupational health hazards and their preventive measures. Demonstration of workplace exercise is included.		DSE	

安全法例與職業健康課程 Safety Legislation and Occupational Health Courses

課程名稱 Course Title	課程代碼 Course Code	課程編碼 Course No.	上課日期 Date
13.1 「工作噪音規例」簡介 A Brief Introduction to Noise at Work Regulation 13.2 工作噪音與預防聽覺受損 Noise Hazards and Prevention of Hearing Loss	(半天 上午) (½ day a.m.)	01	11/9
課程內容 Course Contents: 13.1 本講座簡介「工作噪音規例」的各項規定。 The talk gives a brief introduction to the Noise at Work Regulation. 13.2 本講座說明工作噪音對健康的影響，並介紹預防聽覺受損的措施。 This talk explains the health hazards caused by noise at work. Measures for prevention of hearing loss are also introduced.		NH	

職業健康課程 Occupational Health Courses

課程名稱 Course Title	課程代碼 Course Code	課程編碼 Course No.	上課日期 Date
14.1 辦公室僱員：預防肌骨骼疾病 Prevention of Musculoskeletal Disorders for Office Workers 14.2 勤運動、工作醒 More Exercise, Smart Work	MDOW	05	14/7
		06	14/9
		07	6/11
		08	18/12
課程內容 Course Contents: 14.1 本講座目的是提醒辦公室僱員因長時間從事重複性的工序或持久不正確的坐姿，會容易引致腰背及上肢筋肌勞損。內容包括分析肌骨骼疾病的成因及預防措施。講座包括示範工作間運動。 This talk aims to enhance the office workers' awareness of the prevention of musculoskeletal disorders of back and upper limbs arising from prolonged repetitive movements or improper sitting postures. The contents include analyzing the causes and preventive measures of musculoskeletal disorders. Demonstration of workplace exercise is included. 14.2 本講座說明運動能提升個人體適能，使員工增加應付工作和日常生活的能力，減低工作時受傷的機會。透過討論，使僱主和僱員明白如何將運動融入工作間和日常生活中。講座包括示範和實習工作間運動及帶氧運動。 This talk explains how exercise enhances one's physical fitness and empowers them to cope with their daily work and prevent work related injuries. Through discussion, employers and employees will understand more on integration of exercise into their workplaces and daily life. Demonstration and practice of workplace exercise and aerobic exercise are included in the talk.	(半天 上午) (½ day a.m.)		
		09	19/8
		10	7/10
		11	16/12
15.1 清潔工人的職業健康 Occupational Health for Cleansing Workers 15.2 化學品與職業健康 Chemicals and Occupational Health	CLW	02	11/8
課程內容 Course Contents: 15.1 本講座是為清潔工人而設。內容包括探討危害員工職業健康的因素及預防措施，以提高員工對其職業健康的認識，並示範工作間運動。 This talk is designed for cleansing workers. The contents include elaborating the occupational health hazards and their preventive measures. Demonstration of workplace exercise is included. 15.2 本講座介紹化學品進入人體的途徑和對健康的影響，並討論各種控制化學品的方法。 The talk introduces how chemicals enter into human body, their health effects and the control measures.		(半天 上午) (½ day a.m.)	

職業健康課程 Occupational Health Courses

課程名稱 Course Title	課程代碼 Course Code	課程編碼 Course No.	上課日期 Date
16.1 清潔工人的職業健康 Occupational Health for Cleansing Workers 16.2 職業接觸性皮炎 Occupational Contact Dermatitis	(半天 上午) (½ day a.m.)	02	21/9
課程內容 Course Contents: 16.1 本講座是為清潔工人而設。內容包括探討危害員工職業健康的因素及預防措施，以提高員工對其職業健康的認識，並示範工作間運動。 This talk is designed for cleansing workers. The contents include elaborating the occupational health hazards and their preventive measures. Demonstration of workplace exercise is included. 16.2 職業接觸性皮炎是一種令人煩擾的疾病。本講座介紹皮膚的構造和功用，並討論職業接觸性皮炎的主要成因和預防措施。 Occupational contact dermatitis is an annoying disease. This talk introduces the structure and functions of skin. The main causes and preventive measures of occupational contact dermatitis are also discussed in the talk.		CD	
17.1 院舍員工：體力處理操作及預防背部勞損 Manual Handling Operations and Prevention of Back Injuries for Workers of Residential Care Home 17.2 化學品與職業健康 Chemicals and Occupational Health	(半天 上午) (½ day a.m.)	03 04	27/7 20/10
課程內容 Course Contents: 17.1 本講座是為院舍員工而設。內容包括簡介背部組織及功用，腰背勞損的成因和預防措施，亦會討論正確的體力處理操作和示範工作間運動。 This talk is designed for workers of Residential Care Home. The contents include a brief explanation on the structure and functions of the back, causes and preventive measures of back injuries. Discussion on proper manual handling operations and demonstration of workplace exercise are also included. 17.2 本講座介紹化學品進入人體的途徑和對健康的影響，並討論各種控制化學品的方法。 The talk introduces how chemicals enter into human body, their health effects and the control measures.		RCH	05 30/9

職業健康課程 Occupational Health Courses

課程名稱 Course Title	課程代碼 Course Code	課程編碼 Course No.	上課日期 Date
18.1 職業司機的職業健康 Occupational Health for Professional Drivers 18.2 工作與常見的腸胃病 Work and Common Gastrointestinal Diseases	(半天 上午) (½ day a.m.)	02	23/10
課程內容 Course Contents: 18.1 職業司機需長時間駕駛，因而衍生一些職業健康的問題。本講座主要介紹職業司機較常見的健康問題，並提供一些實用的預防方法。 Professional drivers experienced long working hours which may induce some occupational health problems. This talk introduces some occupational health problems commonly encountered by professional drivers. Practical tips on prevention will also be provided. 18.2 緊張的生活節奏和忙碌的工作，容易令上班族患上腸胃病，這不但對社交和日常生活帶來不便，還可能影響他們的工作表現。本講座簡介常見的腸胃病，其成因、徵狀和治療方法；同時重點講解常見腸胃病與工作相互的影響及預防方法，以促進員工的職業健康。 Hectic life and busy work predispose workers to gastrointestinal diseases. These may not only make both social and daily life inconvenient, but also affect their performance at work. This talk introduces briefly some common gastrointestinal diseases, their causes, symptoms and treatments. In addition, it focuses on the mutual influence of work and common gastrointestinal diseases, and preventive measures to promote employees' occupational health.		PD	
19.1 預防上肢勞損 Prevention of Upper Limb Disorders 19.2 預防下肢勞損 Prevention of Lower Limb Disorders	(半天 上午) (½ day a.m.)	09 10 11 12 13 14 15 16	6/7 21/7 17/8 8/9 24/9 9/10 2/11 15/12
課程內容 Course Contents: 19.1 本講座目的是提高僱員對上肢勞損的認識。內容包括簡介上肢的結構和功能；解釋勞損的主要成因和探討各種預防措施，並示範工作間運動。 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 limb disorders and its preventive measures. Demonstration of workplace exercise is included. 19.2 很多行業的僱員因為工作關係，需要長時間站立、步行或經常攜帶重物，容易構成下肢勞損。本講座介紹常見的下肢毛病，包括足底筋膜炎、下肢靜脈曲張和膝骨關節炎的徵狀、治療及預防下肢勞損方法。講座包括示範工作間運動。 Employees in many industries are required prolong standing, walking or even carrying heavy loads at work. This talk introduces symptoms of common lower limb disorders such as plantar fasciitis, varicose vein and osteoarthritis of knee, their treatment and preventive measures. Demonstration of workplace exercise is included.		RSI	

職業健康課程 Occupational Health Courses

課程名稱 Course Title	課程代碼 Course Code	課程編碼 Course No.	上課日期 Date		
20.1 工作壓力 Occupational Stress	SHW	07	2/7		
20.2 快樂工作間 Happy Workplace		08	21/8		
		09	3/9		
課程內容 Course Contents:		10	16/10		
		11	23/11		
		12	7/12		
		20.1 僱員在工作上難免遇到不同程度的工作壓力。本講座介紹工作壓力的徵狀及其對僱員健康的影響，並講解一般處理壓力的方法。 Employees may come across different levels of occupational stress. This talk introduces the signs and symptoms of occupational stress, how occupational stress may affect employees' health and explains the stress-coping strategies.	(半天 上午) (½ day a.m.)	13	26/8
20.2 糖尿病及高血壓是上班族常見的慢性疾病。本講座簡介這些疾病的徵狀及併發症，並重點講解在酷熱環境、涉及大量體力勞動或不定時工作時應注意的事項，以提高糖尿病或高血壓患者的職業健康意識。 Diabetes mellitus and hypertension are common chronic diseases among the working population. This talk briefly introduces the signs and symptoms and complications of these diseases with emphasis on the health tips for working in hot environment, irregular work schedule, or performing heavy manual work in order to promote the occupational health awareness of workers with diabetes mellitus or hypertension.		(半天 下午) (½ day p.m.)		14	28/10
				15	23/12
21.1 工作與健康生活方式 Work and Healthy Lifestyle		(半天 上午) (½ day a.m.)	03	10/7	
21.2 工作與糖尿病 Work and Diabetes Mellitus			04	6/10	
課程內容 Course Contents:		HL			
21.1 本講座討論如何實踐健康生活方式，例如均衡飲食、恆常運動、充足休息和壓力處理，使員工更加健康，迎接每天的工作和挑戰。講座包括示範工作間運動。 This talk discusses how to adopt a healthy lifestyle, such as balanced diet, regular exercise, adequate rest and stress management, that enhances employees' good health to face their daily work and challenges. Demonstration of workplace exercise is included.					
21.2 糖尿病是上班族常見的慢性疾病。本講座簡介這疾病的徵狀及併發症，並重點講解在酷熱環境、涉及大量體力勞動或不定時工作時應注意的事項，以提高糖尿病患者的職業健康意識。 Diabetes mellitus is a common chronic disease among the working population. This talk briefly introduces the signs and symptoms and complications of the disease with emphasis on the health tips for working in hot environment, irregular work schedule, or performing heavy manual work in order to promote the occupational health awareness of workers with diabetes mellitus.					

職業健康課程 Occupational Health Courses

課程名稱 Course Title	課程代碼 Course Code	課程編碼 Course No.	上課日期 Date		
22 工作間的急救常識 First Aid in the Workplaces	(半天 上午) (½ day a.m.)	FA	09 10 11 12 13 14 15 16	17/7 4/8 24/8 18/9 12/10 9/11 20/11 21/12	
課程內容 Course Contents: 本講座介紹基本的急救常識，並透過個案講解在工作間遇上意外事故，例如受傷流血和骨折等，如何協助及處理傷患員工。本講座亦會簡介職業安全健康法例。 The talk will introduce basic knowledge of first aid and explain how to assist and handle injured employees in workplace accidents like wound bleeding and fracture through case illustrations. The talk also briefly outlines the occupational safety and health legislation.					
23.1 物業保安員的職業健康 Occupational Health for Security Guards 23.2 工作與糖尿病 Work and Diabetes Mellitus	(半天 上午) (½ day a.m.)		02	17/11	
課程內容 Course Contents: 23.1 下肢和腰背勞損是物業保安員常見的職業健康危害。本講座介紹上述危害的成因和預防措施，同時簡介健康生活小錦囊以配合工作需求，並示範和練習工作間運動。 Lower limbs and back disorders are the common occupational health hazards among security guards. The talk introduces the causes and preventive measures of these hazards. Tips on healthy living to meet the job demand would also be introduced. Demonstration and practice of workplace exercise are included.			SGD	03	30/12
23.2 糖尿病是上班族常見的慢性疾病。本講座簡介這疾病的徵狀及併發症，並重點講解在酷熱環境、涉及大量體力勞動或不定時工作時應注意的事項，以提高糖尿病患者的職業健康意識。 Diabetes mellitus is a common chronic disease among the working population. This talk briefly introduces the signs and symptoms and complications of the disease with emphasis on the health tips for working in hot environment, irregular work schedule, or performing heavy manual work in order to promote the occupational health awareness of workers with diabetes mellitus.				(半天 下午) (½ day p.m.)	

職業健康課程 Occupational Health Courses

課程名稱 Course Title	課程代碼 Course Code	課程編碼 Course No.	上課日期 Date
24.1 工作與心腦血管疾病 Work and Cardiovascular and Cerebrovascular Diseases 24.2 上班一族有「營」秘笈 Easy Tips for Healthy Eating at Work	(半天 上午) (½ day a.m.)	04	7/8
		05	26/10
課程內容 Course Contents: 24.1 心血管疾病和腦血管疾病 (心腦血管疾病) 是香港常見的致命疾病。本講座的目的是提高僱主及僱員對心腦血管疾病的認識，並介紹健康生活方式和工作間的護「心」保「腦」小貼士，讓僱主及僱員攜手實踐，從而促進僱員的健康及提高機構的生產力。 Cardiovascular diseases and cerebrovascular diseases (CCVD) are common causes of death in Hong Kong. This talk aims to increase the awareness of employers and employees on CCVD, to introduce healthy lifestyle and to provide tips on protecting their "heart" and "brain" in the workplace so that employers and employees can work hand-in-hand to promote employees' health and to enhance organisation's productivity.	(半天 下午) (½ day p.m.)	06	4/12
24.2 本講座主要為提高僱主和僱員對健康飲食的認識，從而確立正確的健康飲食觀念，並透過機構去推廣健康飲食，讓僱員可以「吃得有營，活得健康，做得更醒」。 This talk aims to raise the awareness of both employers and employees about healthy eating, so as to establish a right concept of making wise food choices. Through promoting healthy eating in the workplace, employees can "eat well, stay healthy and work smart".		07	15/7
		08	2/9
		09	4/11
25.1 勤運動、工作醒 More Exercise, Smart Work 25.2 工作與心腦血管疾病 Work and Cardiovascular and Cerebrovascular Diseases	(半天 下午) (½ day p.m.)	01	8/7
		02	12/8
課程內容 Course Contents: 25.1 本講座說明運動能提升個人體適能，使員工增加應付工作和日常生活的能力，減低工作時受傷的機會。透過討論，使僱主和僱員明白如何將運動融入工作間和日常生活中。講座包括示範和實習工作間運動及帶氧運動。 This talk explains how exercise enhances one's physical fitness and empowers them to cope with their daily work and prevent work related injuries. Through discussion, employers and employees will understand more on integration of exercise into their workplaces and daily life. Demonstration and practice of workplace exercise and aerobic exercise are included in the talk.	(半天 下午) (½ day p.m.)	03	9/9
25.2 心血管疾病和腦血管疾病 (心腦血管疾病) 是香港常見的致命疾病。本講座的目的是提高僱主及僱員對心腦血管疾病的認識，並介紹健康生活方式和工作間的護「心」保「腦」小貼士，讓僱主及僱員攜手實踐，從而促進僱員的健康及提高機構的生產力。 Cardiovascular diseases and cerebrovascular diseases (CCVD) are common causes of death in Hong Kong. This talk aims to increase the awareness of employers and employees on CCVD, to introduce healthy lifestyle and to provide tips on protecting their "heart" and "brain" in the workplace so that employers and employees can work hand-in-hand to promote employees' health and to enhance organisation's productivity.		04	14/10
		05	11/11
		06	9/12

職業健康課程 Occupational Health Courses

課程名稱 Course Title	課程代碼 Course Code	課程編碼 Course No.	上課日期 Date
26.1 使用電腦的職業健康錦囊 Health Hints on the Use of Computer 26.2 上班一族有「營」秘笈 Easy Tips for Healthy Eating at Work	(半天 下午) (½ day p.m.)	01 02 03 04	22/7 23/9 21/10 25/11
課程內容 Course Contents: 26.1 本講座是為需要長時間使用電腦的員工而設。內容包括簡介職業安全及健康(顯示屏幕設備)規例,探討長時間使用電腦對健康的影響及其預防措施,藉此提高員工對職業健康的關注。講座包括示範工作間運動。 This talk is designed for prolonged computer users to enhance their awareness on occupational health. The contents include a brief introduction on the Display Screen Equipment Regulation, elaborating the occupational health hazards and their preventive measures. Demonstration of workplace exercise is included. 26.2 本講座主要為提高僱主和僱員對健康飲食的關注,從而確立正確的健康飲食觀念,並透過機構去推廣健康飲食,讓僱員可以「吃得有營,活得健康,做得更醒」。 This talk aims to raise the awareness of both employers and employees about healthy eating, so as to establish a right concept of making wise food choices. Through promoting healthy eating in the workplace, employees can "eat well, stay healthy and work smart".		DSEHE	
27.1 職業病預防策略 Strategies for the Prevention of Occupational Diseases 27.2 工作與健康生活方式 Work and Healthy Lifestyle	(半天 下午) (½ day p.m.)	01 02 03 04 05	29/7 5/8 16/9 18/11 2/12
課程內容 Course Contents: 27.1 本講座介紹一般工作上所遇到的健康危害因素和預防及控制措施的原則。 The talk introduces general concepts on the identification of occupational health hazards, principles of control and preventive measures in the workplaces. 27.2 本講座討論如何實踐健康生活方式,例如均衡飲食、恆常運動、充足休息和壓力處理,使員工更加健康,迎接每天的工作和挑戰。講座包括示範工作間運動。 This talk discusses how to adopt a healthy lifestyle, such as balanced diet, regular exercise, adequate rest and stress management, that enhances employees' good health to face their daily work and challenges. Demonstration of workplace exercise is included.		SHL	

報名須知

1. 勞工處職業安全健康中心舉辦的各項有關安全法例及職業健康相關課程，旨在讓學員認識法例的規定和職業安全健康的知識。所有課程均毋須繳費。
2. 報名方式：
登入 www.oshsreg.gov.hk 或掃描提供的二維碼，進行網上報名。網上報名及發放電子出席證書必須提供有效的電郵地址。若已報名的課程被確認、取消或未能成功，報名者將收到電郵通知。
3. 中心於開課日期前兩個月開始接受網上報名，並於開課日期前一週截止接受報名。
4. 參加者所提交的姓名，必須與其香港身份證上的姓名一致。
5. 所有報名經接納後，將無法進行任何修改，亦不受任何更換或其他安排的要求。
6. 本冊子內刊載的所有課程均在職業安全健康中心舉行。
授課地點及時間：
地 址：觀塘協和街 60 號觀塘社區健康中心大樓地下
授課時間：上午 9 時 15 分至正午 12 時；下午 2 時 15 分至 5 時
7. 所有課程均以廣東話教授，間中會以英語作為補充。
8. 已接受報名的課程如有任何更改或取消，將會個別以電郵通知學員。
9. 參加者需全程出席課程，方可獲發電子出席證書。參加者如遲到超過 30 分鐘或僅出席部份課程，均不會獲發電子出席證書。此外，任何僅參與部份課程的出席證明要求，概不受理。
10. 如在早上七時，八號或以上颱風信號、政府公布的「極端情況」或黑色暴雨警告信號仍然生效，所有上午課程會完全取消。如在早上七時至十一時三十分改發三號或以下颱風信號、取消「極端情況」或取消黑色暴雨警告信號，原定下午課程將照常舉行。所有課程取消後將不會另外作個別安排。
11. 查詢及服務時間
查詢電話：2361 8240
服務時間：星期一至五：上午 9 時至下午 1 時及下午 2 時至 5 時
每月第一及第三個非公眾假期的星期六：上午 9 時至下午 1 時



網上報名

Notes for Registration

1. The primary objective of the courses on the legislation-related safety and occupational health offered by the Occupational Safety and Health Centre of the Labour Department, is to enable participants to understand the legal requirements and knowledge of occupational safety and health. All courses are free of charge.
2. Method of Registration:
Online registration by visiting www.oshsreg.gov.hk/en or by scanning the provided QR code. A valid email address is mandatory for completing the online registration and for receiving electronic attendance certificates. Registrant will be notified by email if the registration is confirmed, cancelled, or unsuccessful.
3. Online registration will be accepted two months prior to the course start date and will close one week prior to the course start date.
4. The name of participant must match the name on their Hong Kong Identity Card.
5. Once the registration is accepted, no changes, replacement or other arrangements can be made.
6. All training courses stated in this booklet are arranged at the Occupational Safety and Health Centre.
Course Venue and Time:
Address: G/F, Kwun Tong Community Health Centre Building, 60 Hip Wo Street, Kwun Tong, Kowloon
Course Time : 9:15 a.m. to 12:00 noon; 2:15 p.m. to 5:00 p.m.
7. All courses are taught in Cantonese, supplemented with English occasionally.
8. Any changes or cancellations to the enrolled courses will be notified to participant by email individually.
9. Participants must attend the entire course to receive an electronic attendance certificate. Participants who are more than 30 minutes late or only attend part of the course will not receive an electronic attendance certificate. Furthermore, any request for proof of attendance based on partial participation will not be accepted.
10. If Tropical Cyclone Warning Signal No. 8 or above, "extreme conditions" announced by the government or Black Rainstorm Warning Signal is still in force at 7:00 a.m., all morning courses will be cancelled. If Tropical Cyclone Warning Signal has been changed to No. 3 or below, "extreme conditions" is cancelled or Black Rainstorm Warning Signal is cancelled between 7:00 a.m. and 11:30 a.m., the afternoon courses will proceed as scheduled. No individual arrangements will be made for cancelled classes.
11. Enquiries and service hours
Enquiry Tel: 2361 8240
Service hours : Monday to Friday: 9:00 a.m. to 1:00 p.m. & 2:00 p.m. to 5:00 p.m.
1st & 3rd non-public Holiday Saturdays of each month: 9:00 a.m. to 1:00 p.m.



Online Application

勞工處職業安全及健康部 收集個人資料之目的

收集目的

1. 你這次所提供的個人資料會被勞工處職業安全及健康部用作有關提高工作安全及健康培訓、教育及推廣的活動。

查閱個人資料

2. 根據個人資料(私隱)條例第18及22條及附表1保障原則第6原則的規定，你有權要求查閱及更正個人資料。要求查閱的權利包括要求獲得一份你所提供的個人資料複本。

查詢

3. 有關你個人資料的查詢，包括查閱及更正個人資料，可與本中心聯絡：
職業安全健康中心
觀塘協和街60號觀塘社區健康中心大樓地下
電話：2361 8240

STATEMENT OF PURPOSE FOR THE COLLECTION OF PERSONAL DATA OCCUPATIONAL SAFETY AND HEALTH BRANCH LABOUR DEPARTMENT

Purpose of Collection

1. The personal data you provide will be used by the Occupational Safety and Health Branch of the Labour Department for activities relating to the training, education and promotion to improve safety and health at work.

Access to Personal Data

2. You have a right of access and correction with respect to personal data as provided for in Sections 18 & 22 and Principle 6 of Schedule 1 of the Personal Data (Privacy) Ordinance. Your right of access includes the right to obtain a copy of your personal data provided to this department.

Enquiries

3. Enquiries concerning the personal data collected, including the making of access and correction, should be addressed to:
Occupational Safety and Health Centre
G/F, Kwun Tong Community Health Centre Building
60 Hip Wo Street, Kwun Tong, Kowloon
Tel. No.: 2361 8240

觀塘社區健康中心大樓位置圖

Location of Kwun Tong Community Health Centre Building



職業安全健康中心

九龍觀塘協和街 60 號觀塘社區健康中心大樓地下

Occupational Safety and Health Centre

G/F, Kwun Tong Community Health Centre Building, 60 Hip Wo Street, Kwun Tong, Kowloon