



勞工處

Labour Department

# 职业安全 Occupational Safety and Health Centre 健康中心



## 2025年下半年度 职业安全及健康课程

Occupational Safety and Health Courses  
July - December 2025



网上报名

Online application



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## 雇主及雇员可参考下列资料，选择参加与其行业相关的课程

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

行业类别 Industrial Classification	行业例子 Examples of Industry	课程代码 Course Code	页数 Page
制造业 Manufacturing	制造食品、成衣、化学品、塑胶产品、电脑 / 电子产品、电器设备 Manufacturing of food products, wearing apparel, chemicals, plastic products, computer/electronic products, electrical equipment	CW	8
		RME	8
		MH	9
		AW	12
		NH	13
电力及燃气供应 Electricity & gas supply	发电、输电及配电；燃气制造及配送 Electricity power generation, transmission & distribution; Manufacture & distribution of gas	MH	9
		HS	10
建造业 Construction	楼房的建造、土木工程、油漆 Construction of buildings, civil engineering, painting	CS	7
		CW	8
		RME	8
		MH	9
		HS	10
		AW	12
		NH	13
进出口贸易及批发 Import/export & wholesale trades	各类进出口贸易及批发 Various import/export & wholesale trades	MH	9
		OW	11
		DSE	11
		MDOW	14
零售业 Retail trades	超级市场、百货公司、油站、各类零售店 Supermarkets, department stores, petrol filling stations, various retail shops	MH	9
运输、仓库、邮政及速递服务 Transportation, storage, postal & courier services	陆路 / 水上运输、货仓服务、邮政 / 速递活动 Land/water transport, warehousing, postal/courier activities	MH	9
		HS	10
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住宿及膳食服务活动 Accommodation & food service activities	酒店、宾馆、旅舍、酒楼餐馆、快餐店 Hotels, guesthouses, boarding houses, restaurants, fast food cafes	CI	7
		MH	9
		HI	10
		HS	10
		DSE	11
		CLW	14
		CD	15
资讯及通讯 Information & communications	书籍 / 杂志 / 软件出版、电视节目编制及广播活动、电讯活动 Books/Magazines/Softwares publishing, television programming & broadcasting activities, telecommunications activities	MH	9
		OW	11
		DSE	11
		LI	12
		MDOW	14

## 雇主及雇员可参考下列资料，选择参加与其行业相关的课程

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

行业类别 Industrial Classification	行业例子 Examples of Industry	课程代码 Course Code	页数 Page
金融及保险 / 地产活动 Financial & insurance/Real estate activities	银行、保险、地产管理服务 Banks, insurance, real estate management services	SG	9
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		DSE	11
		LI	12
		MDOW	14
		SGD	18
行政及支援服务活动 Administrative & support service activities	清洁、办公室支援、电话服务中心 Cleaning, office support, call centres	CW	8
		MH	9
		SG	9
		DSE	11
		LI	12
		CLW	14
		CD	15
教育 Education	学前教育、专上课程院校 Pre-primary education, post-secondary colleges	OW	11
		DSE	11
		MDOW	14
人类保健及社会工作 Human health & social work activities	医院、诊所、护养院、青少年 / 儿童中心 Hospitals, clinics, nursing homes, youth/child centres	CW	8
		RME	8
		RCH	15
艺术、娱乐及康乐活动 Arts, entertainment & recreation	游乐园及主题乐园、体育活动 Amusement parks & theme parks, sports activities	MH	9
		HS	10
其他个人服务活动 Other personal service activities	洗涤、美容、理发服务 Laundry, beauty, hairdressing services	CW	8
		HS	10
适合各类行业的课程 Courses suitable for all industries		EX	6
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## 安全法例与职业健康课程

### Safety Legislation and Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date
1.1 职业安全及健康条例与规例 Occupational Safety and Health Ordinance and Regulations	(半天 上午) (½ day a.m.)	EX	05	21/7
1.2 勤运动、工作醒 More Exercise, Smart Work			06	25/8
			07	13/11
			08	9/12
课程内容 Course Contents:  1.1 本讲座简单介绍「职业安全及健康条例」下雇主和雇员的一般责任。同时亦会介绍「职业安全及健康规例」。内容包括意外预防、防火措施、工作地点环境、工作地点卫生、急救设施及体力处理操作。 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.  1.2 本讲座说明运动能提升个人体能，使员工增加应付工作和日常生活的能力，减低工作时受伤的机会。透过讨论，使雇主和雇员明白如何将运动融入工作间和日常生活中。讲座包括示范和实习工作间运动及有氧运动。 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.				
2.1 职业安全及健康条例与规例 Occupational Safety and Health Ordinance and Regulations	(半天 上午) (½ day a.m.)	SPOD	03	23/9
2.2 职业病预防策略 Strategies for the Prevention of Occupational Diseases			04	18/11
课程内容 Course Contents:  2.1 本讲座简单介绍「职业安全及健康条例」下雇主和雇员的一般责任。同时亦会介绍「职业安全及健康规例」。内容包括意外预防、防火措施、工作地点环境、工作地点卫生、急救设施及体力处理操作。 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.  2.2 本讲座介绍一般工作上所遇到的健康危害因素和预防及控制措施的原则。 The talk introduces general concepts on the identification of occupational health hazards, principles of control and preventive measures in the workplaces.				

## 安全法例与职业健康课程

### Safety Legislation and Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date
3.1 沙井中毒的危害 Gas Poisoning in Manholes	(半天 上午) (½ day a.m.)	CS	03 04	7/8 26/11
3.2 密闭空间规例 Confined Spaces Regulations				
课程内容 Course Contents:  3.1 本讲座简介在沙井工作，怎样预防气体中毒意外。 The talk gives a brief introduction to prevention of gassing accidents in manholes.  3.2 根据这规例，从事密闭空间工作的核准工人须持有有效证明书，东主须委任合格人士进行危险评估等。本课程简介此规例之各项规定。 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.				
4.1 饮食业安全的主要相关法例 Major Safety Regulations Related to Working in Catering Trade	(半天 上午) (½ day a.m.)	CI	02	12/9
4.2 饮食业雇员的职业健康 Occupational Health in Catering Industry				
课程内容 Course Contents:  4.1 本课程简介一系列与饮食业相关的主要安全法例。包括：1) 职业安全及健康条例及规例、2) 工厂及工业经营条例及规例、3) 机械的防护及操作规例、4) 应呈报工场的防火设备规例、5) 电力规例、及 6) 危险物质规例等。 The course outlines a series of major safety regulations related to catering industry which includes: 1) Occupational Safety and Health Ordinance and Regulations, 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.  4.2 简介饮食业雇员的潜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.				

## 安全法例与职业健康课程

### Safety Legislation and Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date
5.1 危险物质规例 Dangerous Substances Regulations	(半天 上午) (½ day a.m.)	CW	10	3/7
5.2 化学品与职业健康 Chemicals and Occupational Health			11	11/8
			12	8/9
			13	9/10
			14	17/10
课程内容 Course Contents:			15	10/11
5.1 在这规例下，东主有责任在每个盛载危险物质的容器加上限定格式的标签。东主及雇员须采取合理安全措施以符合法例的要求。本课程简介该规例中有关标签的规格及标签制度。 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.		16	25/11	
			17	4/12
5.2 本讲座介绍化学品进入人体的途径和对健康的影响，并讨论各种控制化学品的办法。 The talk introduces how chemicals enter into human body, their health effects and the control measures.			18	22/12
6.1 安全管理规例 Safety Management Regulation	(半天 上午) (½ day a.m.)	RME	03	16/9
6.2 工业经营中从事危险职业员工的身体检査 Medical Examinations for Workers Engaged in Hazardous Occupations in Industrial Undertakings			04	16/12
课程内容 Course Contents:				
6.1 在这规例下，1) 建筑地盘、2) 船厂、3) 工厂、4) 电力生产、变压或输送、5) 煤气或石油气的生产或输送、及 6) 货柜处理作业等行业的东主及承建商须发展、实施及维持一个安全管理制度。本课程简介规例中的 14 项安全管理元素，及有关安全审核和安全查核的规定。 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 向雇主及雇员介绍健康监察的概念，并解释在工业经营中从事危险职业员工的身体检査目的及其重要性。 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.				



## 安全法例与职业健康课程

### Safety Legislation and Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date
7.1 体力处理操作的安全规例 Safety Regulations on Manual Handling Operations	(半天 上午) (½ day a.m.)	MH	21	4/7
7.2 体力处理操作及预防背部劳损 Manual Handling Operations and Prevention of Back Injuries			22	10/7
			23	15/7
			24	29/7
			25	4/8
			26	12/8
			27	21/8
			28	2/9
			29	9/9
			30	18/9
			31	3/10
			32	13/10
			33	24/10
			34	27/10
			35	3/11
			36	11/11
			37	20/11
			38	1/12
			39	12/12
			40	29/12
课程内容 Course Contents:				
7.1 职业安全及健康规例第 VII 部订明相关体力处理操作的规定，并包括体力处理操作风险评估，及各项预防性和保护性措施等。本课程简介有关该规例的各项规定。 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.				
7.2 本讲座简单介绍背部结构和功能，并讨论腰背受伤的主要成因，预防措施和正确的人力提举方法。 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.				
8.1 职业安全及健康条例与规例 Occupational Safety and Health Ordinance and Regulations	(半天 上午) (½ day a.m.)	SG	02	16/10
8.2 物业保安员的职业健康 Occupational Health for Security Guards				
课程内容 Course Contents:				
8.1 本讲座简单介绍「职业安全及健康条例」下雇主和雇员的一般责任。同时亦会介绍「职业安全及健康规例」。内容包括意外预防、防火措施、工作地点环境、工作地点卫生、急救设施及体力处理操作。 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 下肢和腰背劳损是物业保安员常见的职业健康危害。本讲座介绍上述危害的成因和预防措施，同时简介健康生活小锦囊以配合工作需求，并示范和练习工作间运动。 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.				

## 安全法例与职业健康课程

### Safety Legislation and Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date	
9.1 酒店业安全的主要相关法例 Regulations Related to Safety in Hotel Industry	(半天 上午) (½ day a.m.)	HI	02	20/10	
9.2 酒店业雇员：化学品与职业健康 Chemicals and Occupational Health in Hotel Industry					
课程内容 Course Contents:  9.1 本课程简介一系列与酒店业相关的主要安全法例。包括：1) 职业安全及健康条例及规例，包含与体力处理操作之有关规例、2) 工厂及工业经营条例及规例、3) 机械的防护及操作规例、4) 应呈报工场的防火设备规例及 5) 危险物质规例等。 The course outlines a series of major safety regulations related to hotel industry which includes: 1)Occupational Safety and Health Ordinance and Regulations, 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.  9.2 本讲座是为酒店业雇员而设。内容包括化学品进入人体的途径、对健康的影响和预防及控制化学品危害的方法。 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.					
10.1 恶劣天气下及酷热环境下工作的安全法例 Safety Regulations on Working in Times of Inclement Weather and Hot Environment	(半天 上午) (½ day a.m.)	HS	04	8/7	
10.2 酷热环境下工作预防中暑 Prevention of Heat Stroke at Work in a Hot Environment			05	24/7	
			06	1/8	
			07	18/8	
课程内容 Course Contents:  10.1 本课程简介相关酷热环境及恶劣天气下工作的安全及健康条例。 The course outlines the safety and health regulations related to working in hot environment and inclement weather.  10.2 介绍酷热环境下工作的潜在危害及其预防措施。 Introduces the potential health hazards of working in hot environments and the preventive measures.					

# 安全法例与职业健康课程

## Safety Legislation and Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date
11.1 防止办公室及贮藏室工作意外的主要相关安全法例 Major Safety Regulations related to Accident Prevention in Office and Storage Work	(半天 上午) (½ day a.m.)	OW	03 04	1/9 18/12
11.2 办公室雇员的职业健康 Occupational Health for Office Workers				
课程内容 Course Contents:  11.1 本课程简介一系列相关办公室及贮藏室工作的安全及健康法例，及其安全预防措施，包括：1) 职业安全及健康条例、2) 体力处理操作、3) 设备的安全使用、4) 电力安全、5) 防火安全、6) 工作环境、及 7) 安全管理概念等等。 This course outlines a series of safety and health regulations, 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, 6) Working environment, and 7) Concept of safety management, etc.  11.2 本讲座是为办公室员工而设。内容包括探讨危害员工职业健康的因素及预防措施，以提高员工对其职业健康的认识，并示范工作间运动。 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.				
12.1 「显示屏幕设备规例」简介 A Brief Introduction to the Regulation on Display Screen Equipment	(半天 上午) (½ day a.m.)	DSE	03 04	17/7 2/10
12.2 使用电脑的职业健康锦囊 Health Hints on the Use of Computer				
课程内容 Course Contents:  12.1 本讲座简介「显示屏幕设备规例」的各项规定。 The talk gives a brief introduction to the Regulation on Display Screen Equipment.  12.2 本讲座是为需要长时间使用电脑的员工而设。内容包括简介职业安全及健康（显示屏幕设备）规例，探讨长时间使用电脑对健康的影响及其预防措施，借此提高员工对职业健康的关注。讲座包括示范工作间运动。 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.				

## 安全法例与职业健康课程

### Safety Legislation and Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date
13.1 工作间的空气监测及通风系统 Air Monitoring and Ventilation Systems in the Workplaces	(半天 上午) (½ day a.m.)	AW	02	11/12
13.2 化学品与职业健康 Chemicals and Occupational Health				
课程内容 Course Contents:  13.1 本讲座介绍在工作地点监测空气杂质的原理及不同的方法，并说明怎样使用简单的气体监测设备，例如测试管及徽章型检测器等，使学员认识如何评估工作间的空气危害。另外，本讲座亦会简单介绍一些有关通风系统的资料。 The talk introduces the basic principles and different methods of monitoring air impurities in workplaces. Illustration on using simple monitoring equipment such as gas-detecting tubes and badges will enable participants to know how to conduct a risk assessment of airborne hazards in the workplace. The talk also includes a general introduction to ventilation systems.  13.2 本讲座介绍化学品进入人体的途径和对健康的影响，并讨论各种控制化学品的办法。 The talk introduces how chemicals enter into human body, their health effects and the control measures.				
14.1 工作间的照明评估 Lighting Assessment in the Workplaces	(半天 上午) (½ day a.m.)	LI	02	6/11
14.2 职业病预防策略 Strategies for the Prevention of Occupational Diseases				
课程内容 Course Contents:  14.1 良好的照明对保障雇员在工作时的健康十分重要，它可以让雇员舒适及有效率地从事工作。本讲座旨在让参加者认识工作间照明评估及使用测光表量度照明水平的基本概念。讲座亦会介绍各种工作所需的照明水平。 Good lighting plays an important role in safeguarding health at work by enabling employees to perform visual tasks comfortably and efficiently. This talk aims at helping the participants understand the basic concepts of lighting assessment in the workplaces and the measurement of lighting levels with a luxmeter. It also introduces the illumination requirements for various tasks.  14.2 本讲座介绍一般工作上所遇到的健康危害因素和预防及控制措施的原则。 The talk introduces general concepts on the identification of occupational health hazards, principles of control and preventive measures in the workplaces.				



## 安全法例与职业健康课程

### Safety Legislation and Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date
15.1 站立工作指引 Guidance Notes on Standing at Work	(半天 上午) (½ day a.m.)	LLD	02	14/8
15.2 预防下肢劳损 Prevention of Lower Limb Disorders				
课程内容 Course Contents:  15.1 很多行业的雇员因为工作关系，需要长时间站立、步行或经常携带重物，容易构成下肢劳损。本讲座简介劳工处出版的刊物《站立工作和服务柜台设计指引》的内容。 Employees in many industries are required prolong standing, walking or even carrying heavy loads at work. The talk briefs the content of Labour Department's publication "Guidance Notes on Standing at Work and Service Counter Design".  15.2 本讲座介绍常见的下肢疾病，包括足底筋膜炎、下肢静脉曲张和膝关节炎的症状、治疗及预防下肢劳损方法。讲座包括示范工作间运动。 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.				
16.1 「工作噪音规例」简介 A Brief Introduction to Noise at Work Regulation	(半天 上午) (½ day a.m.)	NH	01	4/9
16.2 工作噪音与预防听觉受损 Noise Hazards and Prevention of Hearing Loss				
课程内容 Course Contents:  16.1 本讲座简介「工作噪音规例」的各项规定。 The talk gives a brief introduction to the Noise at Work Regulation.  16.2 本讲座说明工作噪音对健康的影响，并介绍预防听觉受损的措施。 This talk explains the health hazards caused by noise at work. Measures for prevention of hearing loss are also introduced.				

## 职业健康课程 Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date
17.1 办公室雇员：预防筋肌劳损 Prevention of Musculoskeletal Disorders for Office Workers	(半天 上午) (½ day a.m.)	MDOW	05	18/7
17.2 勤运动、工作醒 More Exercise, Smart Work			06	15/9
			07	10/10
			08	19/12
课程内容 Course Contents:  17.1 本讲座目的是提醒办公室雇员因长时间从事重复性的工序或持久不正确的坐姿，会容易引致腰背及上肢筋肌劳损。内容包括分析筋肌劳损的成因及预防措施。讲座包括示范工作间运动。 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.  17.2 本讲座说明运动能提升个人体能，使员工增加应付工作和日常生活的能力，减低工作时受伤的机会。透过讨论，使雇主和雇员明白如何将运动融入工作间和日常生活中。讲座包括示范和实习工作间运动及带氧运动。 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.				
18.1 清洁工人的职业健康 Occupational Health for Cleansing Workers	(半天 上午) (½ day a.m.)	CLW	02	11/9
18.2 化学品与职业健康 Chemicals and Occupational Health				
课程内容 Course Contents:  18.1 本讲座是为清洁工人而设。内容包括探讨危害员工职业健康的因素及预防措施，以提高员工对其职业健康的认识，并示范工作间运动。 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.  18.2 本讲座介绍化学品进入人体的途径和对健康的影响，并讨论各种控制化学品的办法。 The talk introduces how chemicals enter into human body, their health effects and the control measures.				

## 职业健康课程 Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date
19.1 清洁工人的职业健康 Occupational Health for Cleansing Workers	(半天 上午) (½ day a.m.)	CD	02	22/8
19.2 职业接触性皮炎 Occupational Contact Dermatitis				
课程内容 Course Contents:  19.1 本讲座是为清洁工人而设。内容包括探讨危害员工职业健康的因素及预防措施，以提高员工对其职业健康的认识，并示范工作间运动。 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.  19.2 职业接触性皮炎是一种令人烦扰的疾病。本讲座介绍皮肤的构造和功用，并讨论职业接触性皮炎的主要成因和预防措施。 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.				
20.1 院舍员工：体力处理操作及预防背部劳损 Manual Handling Operations and Prevention of Back Injuries for Workers of Residential Care Home	(半天 上午) (½ day a.m.)	RCH	03 04	19/8 21/11
20.2 化学品与职业健康 Chemicals and Occupational Health				
课程内容 Course Contents:  20.1 本讲座是为院舍员工而设。内容包括简介背部组织及功用，腰背劳损的成因和预防措施，亦会讨论正确的体力处理操作和示范工作间运动。 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.  20.2 本讲座介绍化学品进入人体的途径和对健康的影响，并讨论各种控制化学品的办法。 The talk introduces how chemicals enter into human body, their health effects and the control measures.				

## 职业健康课程

### Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date
21.1 职业司机的职业健康 Occupational Health for Professional Drivers	(半天 上午) (½ day a.m.)	PD	02	23/10
21.2 工作与常见的肠胃病 Work and Common Gastrointestinal Diseases				
课程内容 Course Contents:				
21.1 职业司机需长时间驾驶，因而衍生一些职业健康的问题。本讲座主要介绍职业司机较常见的健康问题，并提供一些实用的预防方法。 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.				
21.2 紧张的生活节奏和忙碌的工作，容易令上班族患上肠胃病，这不但对社交和日常生活带来不便，还可能影响他们的工作表现。本讲座简介常见的肠胃病，其成因、征状和治疗方法；同时重点讲解常见肠胃病与工作相互的影响及预防方法，以促进员工的职业健康。 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.				
22.1 预防上肢劳损 Prevention of Upper Limb Disorders	(半天 上午) (½ day a.m.)	RSI	09	7/7
22.2 预防下肢劳损 Prevention of Lower Limb Disorders			10	25/7
			11	15/8
			12	5/9
			13	14/10
			14	7/11
			15	24/11
			16	15/12
课程内容 Course Contents:				
22.1 本讲座目的是提高雇员对上肢劳损的认识。内容包括简介上肢的结构和功能；解释劳损的主要成因和探讨各种预防措施，并示范工作间运动。 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.				
22.2 很多行业的雇员因为工作关系，需要长时间站立、步行或经常携带重物，容易构成下肢劳损。本讲座介绍常见的下肢毛病，包括足底筋膜炎、下肢静脉曲张和膝骨关节炎的征状、治疗及预防下肢劳损方法。讲座包括示范工作间运动。 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.				



## 职业健康课程

### Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date
23.1 工作压力 Occupational Stress	(半天 上午) (½ day a.m.)	SHW	07	14/7
23.2 快乐工作间 Happy Workplace			08	5/8
			09	26/9
			10	21/10
			11	14/11
			12	2/12
课程内容 Course Contents:				
23.1 雇员在工作上难免遇到不同程度的工作压力。本讲座介绍工作压力的征状及其对雇员健康的影响，并讲解一般处理压力的方法。 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.				
23.2 工作占我们日常生活大部分的时间，工作时间长及工作压力等因素，或会令上班一族生活及工作失衡。若能建设一个快乐的工作间，就能让员工维持身心健康及愉快地工作。本讲座说明建立快乐工作间的重要性，并讲解营造一个快乐工作间的重要元素。 Work accounts for most of our daily life, long working hours and work pressure, etc., may cause employees a work-life imbalance. Building a happy workplace can help employees to maintain physical and mental health and work happily. The talk explains the importance and introduces the essential elements of creating a happy workplace.				
24.1 工作与健康生活方式 Work and Healthy Lifestyle	(半天 上午) (½ day a.m.)	HL	03	28/7
24.2 工作与糖尿病及高血压 Work and Diabetes Mellitus and Hypertension			04	23/12
课程内容 Course Contents:				
24.1 本讲座讨论如何实践健康生活方式，例如均衡饮食、恒常运动、充足休息和压力处理，使员工更加健康，迎接每天的工作和挑战。讲座包括示范工作间运动。 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.				
24.2 糖尿病及高血压是上班一族常见的慢性疾病。本讲座简介这些疾病的征状及并发症，并重点讲解在酷热环境、涉及大量体力劳动或不定时工作时应注意的事项，以提高糖尿病或高血压患者的职业健康意识。 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.				

## 职业健康课程 Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date
25	工作间的急救常识 First Aid in the Workplaces	FA	09	11/7
			10	8/8
课程内容 Course Contents:  本讲座介绍基本的急救常识，并透过个案讲解在工作间遇上意外事故，例如受伤流血和骨折等，如何协助及处理伤患员工。本讲座亦会简介职业安全健康法例。 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.			11	26/8
			12	22/9
			13	6/10
			14	28/10
			15	17/11
			16	8/12
26.1	物业保安员的职业健康 Occupational Health for Security Guards	SGD	02	4/11
26.2	工作与糖尿病及高血压 Work and Diabetes Mellitus and Hypertension			
课程内容 Course Contents:  26.1 下肢和腰背劳损是物业保安员常见的职业健康危害。本讲座介绍上述危害的成因和预防措施，同时简介健康生活小锦囊以配合工作需求，并示范和练习工作间运动。 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.				
26.2 糖尿病及高血压是上班一族常见的慢性疾病。本讲座简介这些疾病的征状及并发症，并重点讲解在酷热环境、涉及大量体力劳动或不定时工作时应注意的事项，以提高糖尿病或高血压患者的职业健康意识。 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.				

## 职业健康课程 Occupational Health Courses

课程名称 Course Title		课程代码 Course Code	课程编码 Course No.	上课日期 Date
27.1 工作与心脑血管疾病 Work and Cardiovascular and Cerebrovascular Diseases	( 半天 上午 ) (½ day a.m.)	CCHE	04	22/7
27.2 上班一族有「营」秘笈 Easy Tips for Healthy Eating at Work			05	19/9
			06	5/12
课程内容 Course Contents:  27.1 心血管疾病和脑血管疾病 ( 心脑血管疾病 ) 是香港常见的致命疾病。本讲座的目的是提高雇主及雇员对心脑血管疾病的认识，并介绍健康生活方式和工作间的护「心」保「脑」小贴士，让雇主及雇员携手实践，从而促进雇员的健康及提高机构的生产力。 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.				
27.2 本讲座主要为提高雇主和雇员对健康饮食的认识，从而确立正确的健康饮食观念，并透过机构去推广健康饮食，让雇员可以「吃得有营，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".				

## 报名须知

1. 劳工处职业安全健康中心举办的各项有关安全法例及职业健康课程的主要目的，是使学员认识法例的规定和职业安全健康知识。**各项课程均毋须缴费。**
2. 报名方式：
  - ✧ 登入 [www.oshsreg.gov.hk](http://www.oshsreg.gov.hk) 或扫描二维码，进行网上申请。**网上报名必须提供电邮地址。**当你申请的课程被确认或取消；或申请未能成功等，均会以电邮通知。
  - ✧ 填写报名表 OSHC-A1(以 A4 尺寸影印的表格也会获接纳)。并将表格传真或邮寄至职业安全健康中心。在填写表格 OSHC-A1 前，请先阅读《劳工处职业安全及健康部收集个人资料之目的》。
3. 中心于开课日期前**两个月**开始接受报名申请。开课日期前**一周**将截止接受申请。
4. 申请参加者姓名必须与香港身份证相同。
5. 报名一经接纳，便不可作出任何修改；任何更换或另作安排的要求概不受理。
6. 授课地点及时间：  
本册子内刊载的各项课程均在**职业安全健康中心**举行。  
地 址：**观塘协和街 60 号观塘社区健康中心大楼地下**  
授课时间：**上午 9 时 15 分至正午 12 时**
7. 所有课程均以广东话教授，间中会以英语作为补充。
8. 已接受报名的课程如有更改或取消，将会个别通知学员。
9. 只有出席整个课程，方可获发出席证书。**参加者如迟到超过 30 分钟、缺席或只出席部份课程，均不会获发出席证书。**证明出席部份课程的要求，概不受理。
10. 如在早上 7 时或之后悬挂 / 仍然悬挂八号或以上台风信号、黑色暴雨警告或政府公布的「极端情况」，所有课程均会取消。
11. 查询及服务时间  
查询电话：**2361 8240**  
服务时间：星期一至五：上午 9 时至下午 1 时及下午 2 时至 5 时  
每月第一及第三个非公众假期的星期六：上午 9 时至下午 1 时



网上报名

## Notes for Application

1. The primary objective of the legislation-related safety and occupational health courses offered by the Occupational Safety and Health Centre of the Labour Department is to enable course participants to know the legal requirements and enhance their occupational safety and health knowledge. **Courses offered are free of charge.**
2. Ways of registration:
  - ✧ Online application through [www.oshsreg.gov.hk/en](http://www.oshsreg.gov.hk/en) or scan the QR code. **Email address must be provided for online registration.** When the course you applied for is confirmed or cancelled; or if the application is successful, and etc., you will be notified by email.
  - ✧ The Form OSHC-A1 must be completed (Photocopies of the form in A4 size are also accepted) and faxed or mailed to the Occupational Safety and Health Centre. Please read the "STATEMENT OF PURPOSE FOR THE COLLECTION OF PERSONAL DATA BY OCCUPATIONAL SAFETY AND HEALTH BRANCH LABOUR DEPARTMENT" before completing the Form OSHC-A1.
3. The Centre starts processing enrolment application **2 months** prior to the course date. Application closes **ONE WEEK** before the date of the course.
4. The name of participant must be same as in the Hong Kong Identity Card.
5. No change will be allowed once the application is accepted. No replacement or re-arrangement will be accepted.
6. Course Venue and Time:  
The training courses stated in this booklet are arranged at the **Occupational Safety and Health Centre.**  
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**
7. The medium of instruction for all courses is Cantonese. English may sometimes be used as supplement.
8. Applicants will be informed individually of any changes in the time schedule or cancellation of the enrolled courses.
9. Attendance certificates will be issued to participants with full attendance only. **No attendance certificates will be issued to participants who have been late for more than 30 minutes, absent from the class or attended partially.** Request for proof of partial attendance will not be entertained.
10. If Tropical Cyclone Signal No.8 or above, Black Rainstorm Warning or "Extreme Conditions" announced by the government is hoisted / still hoisted at 7:00 a.m. or after, courses will be cancelled.
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



# 劳工处职业安全健康中心

## 职业安全及健康课程报名表

电话：2361 8240

传真号码：2307 9867

填写前请先参阅「报名须知」及「收集个人资料之目的」

参加者姓名：(中文) \_\_\_\_\_ ☐ 先生 ☐ 女士  
(英文) \_\_\_\_\_

(请用正楷填写及必须与香港身份证相同)

职位(全写)： \_\_\_\_\_

行业(请在有关行业 ✓)

- |  |  |
|--|--|
| <input type="checkbox"/> 制造业               | <input type="checkbox"/> 金融及保险                 |
| <input type="checkbox"/> 电力及燃气供应           | <input type="checkbox"/> 地产活动                  |
| <input type="checkbox"/> 建造业               | <input type="checkbox"/> 行政及支援服务活动(如清洁、办公室支援)  |
| <input type="checkbox"/> 进出口贸易、批发及零售业      | <input type="checkbox"/> 教育                    |
| <input type="checkbox"/> 运输、仓库、邮政及速递服务     | <input type="checkbox"/> 人类保健及社会工作(如护养院、青少年中心) |
| <input type="checkbox"/> 住宿及膳食服务活动(如酒店、餐馆) | <input type="checkbox"/> 艺术、娱乐及康乐活动            |
| <input type="checkbox"/> 资讯及通讯             | <input type="checkbox"/> 其他服务活动(如洗涤、美容)        |
| <input type="checkbox"/> 其他(请列明 _____)     | <input type="checkbox"/> 公营机构                  |
|  | <input type="checkbox"/> 政府/法定机构               |

申请课程：

	课程代码	课程编号	上课日期
例如	EX	05	21.7.2025
课程选择			

公司名称：

传真号码：

--	--	--	--	--	--	--	--	--	--

联络人姓名： \_\_\_\_\_

公司地区：

电话号码：

--	--	--	--	--	--	--	--	--	--

申请参加课程的目的(请将有关的空格 ✓)：

- |  |                |
|--|----------------|
| <input type="checkbox"/> 需要执行职业安全及健康训练     | 雇主或学员姓名： _____ |
| <input type="checkbox"/> 向同事简介职业安全及健康法例和知识 | 职位： _____      |
| <input type="checkbox"/> 认识相关的职业安全及健康法例和知识 | 日期： _____      |

注(一) 每份报名表只可供一位参加者作为申请一项课程之用，并请填写每一项。

注(二) 报名表格一经接纳，便不可作出任何修改；任何更换或另作安排的要求概不受理。

注(三) 只有出席整个课程，方可获发出席证书。**参加者如迟到超过 30 分钟、缺席或只出席部份课程，均不会获发出席证书。**证明出席部份课程的要求，概不受理。

注(四) 如在早上 7 时或之后悬挂 / 仍然悬挂八号或以上台风信号、黑色暴雨警告或政府公布的「极端情况」，所有课程均会取消。

### 《确认回条》由本中心填写

☐ 已预留名额，编号为 \_\_\_\_\_。请参加者携同此**确认报名表及香港身份证**，到下述地点上课：  
**观塘协和街 60 号观塘社区健康中心大楼地下**  
**上午 9 时 15 分至正午 12 时**

☐ 对不起，申请未获接纳，原因如下：

- ☐ 你所拣选的日子，名额已满；
- ☐ 报名表格资料不足 / 错误(如圈中)；
- ☐ 中心于开课日期前两个月开始接受报名申请；
- ☐ 其他：

# Occupational Safety and Health Centre, Labour Department

## Application for Occupational Safety and Health Course

**Tel: 2361 8240**

**Fax: 2307 9867**

Please refer to the application notes and the statement of purpose for the collection of personal data before application. Please use **BLOCK LETTERS** to fill in this application.

Name of Participant (Eng): \_\_\_\_\_ ☐ Mr ☐ Ms

(In Block Letter and must be same as in your HK Identity Card)

(Chi): \_\_\_\_\_

Post (In Full): \_\_\_\_\_

Industry (Please tick the appropriate box):

☐ Manufacturing

☐ Electricity & gas supply

☐ Construction

☐ Import/ export, wholesale & retail trades

☐ Transport, storage, postal & courier services

☐ Accommodation & food service activities (e.g. hotels, restaurants)

☐ Information & communications

☐ Others (Please state \_\_\_\_\_)

☐ Financial & insurance

☐ Real estate activities

☐ Administrative & support service activities (e.g. cleaning, office support)

☐ Education

☐ Human health & social work activities (e.g. nursing homes, youth centres)

☐ Arts, entertainment & recreation

☐ Other service activities (e.g. laundry, beauty)

☐ Public utilities

☐ Government/Statutory body

Course applied for:

	Course Code	Course No.	Course Date
Example	EX	05	21.7.2025
Course Choice			

Name of Company:

Fax:

--	--	--	--	--	--	--	--	--	--

Contact Person: \_\_\_\_\_

District of Company:

Telephone:

--	--	--	--	--	--	--	--	--	--

Aim of applying the course (Please tick the appropriate box):

☐ to conduct occupational safety and health (OSH) training

☐ to brief colleagues on OSH legislation and occupational health issues

☐ to know the related legislations and enhance my knowledge on OSH

Employer or

Applicant Name: \_\_\_\_\_

Post: \_\_\_\_\_

Date: \_\_\_\_\_

Note (1) Please use ONE application form for ONE participant to apply for ONE course only and fill in all the items.

(2) No change will be allowed once the application is accepted. No replacement or re-arrangement will be accepted.

(3) Attendance certificates will be issued to participants with full attendance only. **No attendance certificates will be issued to participants who have been late for more than 30 minutes, absent from the class or attended partially.** Request for proof of partial attendance will not be entertained.

(4) If Tropical Cyclone Signal No.8 or above, Black Rainstorm Warning or "Extreme Conditions" announced by the government is hoisted /still hoisted at 7:00 a.m. or after, courses will be cancelled.

### «Confirmation Slip» To be completed by the Centre

☐ A place has been reserved for you. Your registration number is \_\_\_\_\_. Please turn up at the following venue and time with this **Confirmation Slip and HK Identity Card** for identification purpose:

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

**9:15 a.m. – 12:00 noon**

☐ Sorry, your application is unsuccessful because:

☐ your course choice was FULL;

☐ your information is incomplete / incorrect (as circled above);

☐ enrolment application will only be proceeded 2 months prior to the course date;

☐ others:

OSHC-A1

## 劳工处职业安全及健康部 收集个人资料之目的

### 收集目的

1. 你这次所提供的个人资料会被劳工处职业安全及健康部用作有关提高工作安全及健康培训、教育及推广的活动。

### 查阅个人资料

2. 根据个人资料 ( 私隐 ) 条例第 18 及 22 条及附表 1 保障原则第 6 原则的规定，你有权要求查阅及更正个人资料。要求查阅的权利包括要求获得一份你所提供的个人资料复本。

### 查询

3. 有关你个人资料的查询，包括查阅及更正个人资料，可与本中心联络：  
职业安全健康中心  
观塘协和街 60 号观塘社区健康中心大楼地下  
电话：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**

## 观塘社区健康中心大楼位置图

## Location of Kwun Tong Community Health Centre Building



职业安全健康中心

九龙观塘协和街 60 号观塘社区健康中心大楼地下

Occupational Safety and Health Centre

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