

Kwun Tong Occupational Health Clinic & Fanling Occupational Health Clinic – Workshops

In order to enhance clients' knowledge on occupational health and health hazards identification, thus to minimize their risk of contracting occupational diseases, Occupational Health Clinic organizes the evening workshops regularly. Free of charge. For any interested employees, please contact our nursing staff at 2361 8240 **Kwun Tong** Occupational Health Clinic / 3543 5701 **Fanling** Occupational Health Clinic for further inquire about the relevant information.

Topic	Brief	Held at	
		Kwun Tong Occupational Health Clinic	Fanling Occupational Health Clinic
Back Care Workshop	This workshop will give a brief account of the structure and functions of the back, and explain the causes and preventive measures of back injuries. After the workshop, participants will be able to understand the technique of proper manual handling operations. Demonstration and practice of workplace exercise are included.		✓
Work and Diabetes Mellitus & Hypertension Workshop	Diabetes mellitus and hypertension are common chronic diseases among the working population. This workshop briefly introduces the signs and symptoms and complications of these diseases with emphasis on the health tips for working in hot environment, performing heavy manual work or irregular work schedule, in order to promote the occupational health awareness of workers with diabetes mellitus or hypertension.	✓	✓
Plantar Fasciitis Workshop	This workshop explains the disease of plantar fasciitis. It also explains the causes, signs & symptoms of plantar fasciitis and introduces which kinds of occupation in high risk. After the workshop, participants will be able to understand the preventive measures of plantar fasciitis.		✓
Occupational Stress Workshop	Employees may come across different levels of occupational stress. This workshop introduces the symptoms and health impact of occupational stress, and explains the stress coping strategies through case illustrations.	✓	✓
More Exercise, Smart Work Workshop	This workshop explains how exercises enhance one's physical fitness that empower them to cope with their daily work and prevent work-related injuries. After the workshop, participants will be able to understand how to integrate physical activity into their workplaces and daily life. Demonstration and practice of workplace exercise and aerobic exercise are included.	✓	✓
Health Hints on the Use of Computer Workshop	This workshop is designed for people who use computers for prolonged periods of time. To enhance their awareness of occupational health, the talk includes a brief introduction of the Occupational Safety and Health (Display Screen Equipment) Regulation and explanation on occupational health hazards associated with the prolonged use of computer and the preventive measures. Demonstration and practice of workplace exercise are included.	✓	✓
Eat Smart Workshop	This workshop explains the principles of healthy eating. To enhance their knowledge on "Healthy Eating Food Pyramid". After the workshop, participants will be able to choose foods in the food groups, understand how many to eat and how to cook healthily. Practical tips in choosing healthy snacks, breakfast and lunch will be introduced through interactive games.		✓
First Aid in the Workplaces Workshop	This workshop introduces basic knowledge of first aid and explain how to assist and handle injured employees in workplace accidents through case illustrations.	✓	

Kwun Tong Occupational Health Clinic - Support Group

Kwun Tong Occupational Health Clinic organizes patient support groups regularly to facilitate experience sharing in dealing with diseases, and enhance mutual support among patients. These support groups are free of charge. For any interested patients, please contact our nursing staff at 2361 8240 for further enquiry and application.

Topic	Brief
Plantar fasciitis Support Group	Employees need to stand, walk or carry heavy objects at work for a long time, is easy to cause lower extremity strain. The plantar fasciitis is one of the common diseases. Group activities and experience sharing are used to explain the causes, signs & symptoms and preventive measures of plantar fasciitis in this support group. Demonstration and practice workplace exercise are included.
Back Pain Support Group	Incorrect handling or working posture is easy to cause back strain. Group activities and experience sharing are used to give a brief account of the structure and functions of the back, and explain the causes and preventive measures of back injuries and correct handling posture, as well as proper manual handling operations. Demonstration and practice of workplace exercise are included.
Tenosynovitis Support Group	If we neglect the correct posture or lack adequate rest and exercise in work or daily life, it is easy to cause upper limb strain. Tenosynovitis causes redness, swelling, pain and numbness of the affected limb, which affects work performance, even unable to work. Group activities and experience sharing are used to explain the causes and preventive measures of tenosynovitis. Demonstration and practice of workplace exercise are included.
Tennis Elbow Support Group	Works involve repetitive arm and hand movements are prone to upper limb strain. Tennis elbow is one of the common upper limb disorders. Group activities and experience sharing are used to explain the causes and preventive measures of tennis elbow. Demonstration and practice of workplace exercise are included.