



Occupational Health Public Talk

December 2022

The Occupational Health Service, Labour Department, organises occupational health public talks in each month to enhance employers and employees on the awareness of occupational health. All the occupational health public talks are conducted in Cantonese. Admission is free but pre-registration is required. On-site registration is not available. Participants who have full attendance will be issued an ‘attendance certificate’.



Online registration: www.oshsreg.gov.hk/en

Enquiry: 2852 4040

Health Talk (1)	Health Talk (2)
<p>Topic: Occupational Stress</p> <p>Content: Introduces the symptoms and health impact of occupational stress, and explains the stress-coping strategies through case illustrations.</p> <p>Date: 6.12.2022 (Tuesday)</p> <p>Time: 3:30 pm to 5 pm</p> <p>Venue: Lecture Hall, Sheung Wan Civic Centre 5/F Sheung Wan Municipal Services Building 345 Queen’s Road, Central, Hong Kong (MTR Sheung Wan Station Exit A2)</p> <p>Speaker: Occupational Health Nurse</p>	<p>Topic: Occupational Health for Professional Drivers</p> <p>Content: Introduces occupational health hazards, preventive measures and health tips for professional drivers. Demonstration and practice of workplace exercise will also be included.</p> <p>Date: 8.12.2022 (Thursday)</p> <p>Time: 3:30 pm to 5 pm</p> <p>Venue: Occupational Safety and Health Centre Labour Department G/F, Kwun Tong Community Health Centre Building 60 Hip Wo Street, Kwun Tong, Kowloon (MTR Kwun Tong Station Exit A1) <i>(The original venue ‘Hong Kong Space Museum’ was cancelled.)</i></p> <p>Speaker: Occupational Health Nurse</p>
Health Talk (3)	Health Talk (4)
<p>Topic: Manual Handling Operations and Prevention of Back Injuries</p> <p>Content: Introduces the structure and functions of the back, causes and preventive measures of back injuries, and proper manual handling operation. Demonstrations and practice of workplace exercises will be included.</p> <p>Date: 15.12.2022 (Thursday)</p> <p>Time: 3:30 pm to 5 pm</p> <p>Venue: Occupational Safety and Health Training Centre Labour Department 13/F, KOLOUR Tsuen Wan I 68 Chung On Street, Tsuen Wan (MTR Tsuen Wan Station Exit B) <i>(The original venue ‘Hong Kong Central Library’ was cancelled.)</i></p> <p>Speaker: Occupational Hygienist Occupational Health Nurse</p>	<p>Topic: Occupational Health of Office Workers Series (III) More Exercise, Smart Work</p> <p>Content: Includes the benefits of exercise, and cover demonstrations and practice of workplace exercises.</p> <p>Date: 21.12.2022 (Wednesday)</p> <p>Time: 7:15 pm to 8:45 pm</p> <p>Venue: Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B)</p> <p>Speaker: Occupational Health Nurse</p>