



Occupational Health Public Talk

January 2023

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 Health for Cleansing Workers</p> <p>Content: To enhance the awareness of occupational health hazards, this talk introduces their preventive measures to cleansing workers. Demonstration and practice of workplace exercise will also be included.</p> <p>Date: 5.1.2023 (Thursday)</p> <p>Time: 3:30 pm to 4:45 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>	<p>Topic: Prevention of Lower Limb Disorders and Guidance Notes on Standing at Work</p> <p>Content: Introduces symptoms, treatment and preventive measures of some common lower limb disorders. Demonstration and practice of workplace exercise and a briefing on the Labour Department’s “Guidance Notes on Standing at Work and Service Counter Design” will be included.</p> <p>Date: 9.1.2023 (Monday)</p> <p>Time: 3:30 pm to 5 pm</p> <p>Venue: Lecture Hall, Hong Kong Space Museum 10 Salisbury Road, Tsim Sha Tsui, Kowloon (MTR Tsim Sha Tsui Station Exit E)</p> <p>Speaker: Occupational Hygienist Occupational Health Nurse</p>
Health Talk (3)	Health Talk (4)
<p>Topic: Prevention of Upper Limb Disorders</p> <p>Content: Introduces the causes and preventive measures of upper limb disorders to enhance employees' awareness of upper limb disorders. Demonstration and practice of workplace exercise are included.</p> <p>Date: 12.1.2023 (Thursday)</p> <p>Time: 3:30 pm to 4:45 pm</p> <p>Venue: Lecture Hall, Hong Kong Space Museum 10 Salisbury Road, Tsim Sha Tsui, Kowloon (MTR Tsim Sha Tsui Station Exit E)</p> <p>Speaker: Occupational Health Nurse</p>	<p>Topic: First Aid in the Workplace</p> <p>Content: Introduces basic knowledge of first aid and explain how to assist and handle injured employees in workplace accidents through case illustrations.</p> <p>Date: 16.1.2023 (Monday)</p> <p>Time: 6:30 pm to 8 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>