



Occupational Health Public Talk

February 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: Work and Cardiovascular and Cerebrovascular Diseases (CCVD)</p> <p>Content: Aims to increase the awareness of employers and employees on CCVD, to introduce healthy lifestyle and tips on protecting their "heart" and "brain" in the workplace.</p> <p>Date: 9.2.2023 (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: 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: 16.2.2023 (Thursday)</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> |
| 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: 21.2.2023 (Tuesday)</p> <p>Time: 3:30 pm to 5 pm</p> <p>Venue: Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2)</p> <p>Speaker: Occupational Hygienist Occupational Health Nurse</p> | <p>Topic: Occupational Health of Office Workers Series (I) Health Hints on the Use of Computer</p> <p>Content: Introduces the Occupational Safety and Health (Display Screen Equipment) Regulation and elaborate on occupational health hazards associated with the prolonged use of display screen equipment and its preventive measures.</p> <p>Date: 27.2.2023 (Monday)</p> <p>Time: 3:30 pm to 5 pm</p> <p>Venue: Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2)</p> <p>Speaker: Occupational Hygienist Occupational Health Nurse</p> |