

# Occupational Health Public Talk

## February 2026

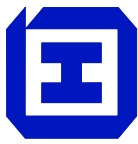
The Occupational Health Service, Labour Department, organises occupational health public talks in each month to enhance employers and employees on the awareness of occupational health. All the occupational health public talks are conducted in Cantonese. Admission is free but pre-registration is required. Participants who have full attendance will be issued an ‘attendance certificate’.

**Online registration:** [www.oshsreg.gov.hk/en](http://www.oshsreg.gov.hk/en)

**Enquiry:** 2852 4040



Health Talk (1)	Health Talk (2)
<p><b>Topic:</b> <b>Prevention of Upper Limb Disorders</b></p> <p><b>Content:</b> 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><b>Date:</b> 2.2.2026 (Monday)</p> <p><b>Time:</b> 3:30 pm to 4:45 pm</p> <p><b>Venue:</b> 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><b>Speaker:</b> Occupational Health Nurse</p>	<p><b>Topic:</b> <b>Occupational Stress</b></p> <p><b>Content:</b> Introduces the symptoms and health impact of occupational stress, and explains the stress-coping strategies through case illustrations.</p> <p><b>Date:</b> 11.2.2026 (Wednesday)</p> <p><b>Time:</b> 3:30 pm to 5 pm</p> <p><b>Venue:</b> Health Education Room Kwun Tong 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)</p> <p><b>Speaker:</b> Occupational Health Nurse</p>
Health Talk (3)	Health Talk (4)
<p><b>Topic:</b> <b>Occupational Health of Office Workers Series (I)</b> <b>Health Hints on the Use of Computer</b></p> <p><b>Content:</b> 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><b>Date:</b> 20.2.2026 (Friday)</p> <p><b>Time:</b> 3:30 pm to 5 pm</p> <p><b>Venue:</b> Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2)</p> <p><b>Speaker:</b> Occupational Hygienist Occupational Health Nurse</p>	<p><b>Topic:</b> <b>Manual Handling Operations and Prevention of Back Injuries</b></p> <p><b>Content:</b> 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><b>Date:</b> 24.2.2026 (Tuesday)</p> <p><b>Time:</b> 6:30 pm to 8 pm</p> <p><b>Venue:</b> 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><b>Speaker:</b> Occupational Hygienist Occupational Health Nurse</p>



# Occupational Health Public Talk

## March 2026

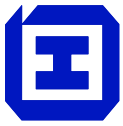
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Health Talk (1)	Health Talk (2)
<p><b>Topic:</b> Chemical and Occupational Health</p> <p><b>Content:</b> Elaborates how chemicals enter the human body, the health impact of chemicals, as well as the prevention and control of chemical hazards.</p> <p><b>Date:</b> 5.3.2026 (Thursday)</p> <p><b>Time:</b> 3:30 pm to 4:45 pm</p> <p><b>Venue:</b> 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><b>Speaker:</b> Occupational Health Nurse</p>	<p><b>Topic:</b> Infection Control in the Workplace</p> <p><b>Content:</b> Explains how micro-organisms may enter into human body and their effects on health. The concept of infection control in the workplaces will also be discussed.</p> <p><b>Date:</b> 10.3.2026 (Tuesday)</p> <p><b>Time:</b> 6:30 pm to 7:45 pm</p> <p><b>Venue:</b> 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><b>Speaker:</b> Occupational Health Nurse</p>
Health Talk (3)	Health Talk (4)
<p><b>Topic:</b> Occupational Health of Office Workers Series (II) Prevention of Musculoskeletal Disorders for Office Workers</p> <p><b>Content:</b> Through analyzing the causes and preventive measures of musculoskeletal disorders, the talk aims to enhance office workers' awareness of musculoskeletal disorders of the back and upper limbs arising from prolonged repetitive movements or improper sitting posture.</p> <p><b>Date:</b> 16.3.2026 (Monday)</p> <p><b>Time:</b> 3:30 pm to 5 pm</p> <p><b>Venue:</b> Lecture Hall, Hong Kong Space Museum 10 Salisbury Road, Tsim Sha Tsui, Kowloon (MTR Tsim Sha Tsui Station Exit E)</p> <p><b>Speaker:</b> Occupational Hygienist Occupational Health Nurse</p>	<p><b>Topic:</b> First Aid in the Workplace</p> <p><b>Content:</b> Introduces the basic knowledge of first aid and explains how to assist and handle injured employees in workplace accidents through case illustrations.</p> <p><b>Date:</b> 26.3.2026 (Thursday)</p> <p><b>Time:</b> 3:30 pm to 5 pm</p> <p><b>Venue:</b> Lecture Hall, Hong Kong Space Museum 10 Salisbury Road, Tsim Sha Tsui, Kowloon (MTR Tsim Sha Tsui Station Exit E)</p> <p><b>Speaker:</b> Occupational Health Nurse</p>



# Occupational Health Public Talk

## April 2026

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. Participants who have full attendance will be issued an ‘attendance certificate’.

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Health Talk (1)	Health Talk (2)
<p><b>Topic:</b> Occupational Safety and Health for Confined Space Workers</p> <p><b>Content:</b> To enhance workers’ OSH awareness in confined spaces, the talk will explain the related OSH hazards as well as their preventive measures.</p> <p><b>Date:</b> 8.4.2026 (Wednesday)</p> <p><b>Time:</b> 3:30 pm to 5 pm</p> <p><b>Venue:</b> Health Education Room Kwun Tong 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)</p> <p><b>Speaker:</b> Occupational Hygienist Occupational Safety Officer Occupational Health Nurse</p>	<p><b>Topic:</b> Prevention of Heat Stroke at Work in a Hot Environment and Heat Stress Risk Assessment</p> <p><b>Content:</b> Designed for workers in hot environments to enhance their awareness of heat stroke prevention, covers symptoms of heat-related illnesses, its first aid, preventive measures and risk assessment.</p> <p><b>Date:</b> 13.4.2026 (Monday)</p> <p><b>Time:</b> 3:30 pm to 5 pm</p> <p><b>Venue:</b> Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2)</p> <p><b>Speaker:</b> Occupational Hygienist Occupational Health Nurse</p>
Health Talk (3)	Health Talk (4)
<p><b>Topic:</b> Noise Hazards &amp; Prevention of Hearing Loss</p> <p><b>Content:</b> Introduces the Factories and Industrial Undertakings (Noise at Work) Regulation, the Occupational Deafness Compensation Scheme and explains the health hazards caused by noise at work and measures for preventing hearing loss.</p> <p><b>Date:</b> 16.4.2026 (Thursday)</p> <p><b>Time:</b> 3:30 pm to 5 pm</p> <p><b>Venue:</b> Health Education Room Kwun Tong 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)</p> <p><b>Speaker:</b> Representative from the Occupational Deafness Compensation Board Occupational Hygienist Occupational Health Nurse</p>	<p><b>Topic:</b> Occupational Health of Office Workers Series (III) More Exercise, Smart Work</p> <p><b>Content:</b> Includes the benefits of exercise, and cover demonstrations and practice of workplace exercises.</p> <p><b>Date:</b> 21.4.2026 (Tuesday)</p> <p><b>Time:</b> 3:30 pm to 5 pm</p> <p><b>Venue:</b> Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2)</p> <p><b>Speaker:</b> Occupational Health Nurse</p>