



Occupational Health Public Talk

May 2025

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

Enquiry: 2852 4040



Health Talk (1)	Health Talk (2)
<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: 6.5.2025 (Tuesday)</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: Work & Healthy Lifestyle</p> <p>Content: Discusses how to adopt a healthy lifestyle, through a balanced diet, regular exercise, adequate rest and stress management, to help employees facing daily work and challenges. Demonstration and practice of workplace exercise are included.</p> <p>Date: 14.5.2025 (Wednesday)</p> <p>Time: 3:30 pm to 5 pm</p> <p>Venue: 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>Speaker: Occupational Health Nurse</p>
Health Talk (3)	Health Talk (4)
<p>Topic: Prevention of Heat Stroke at Work in a Hot Environment and Heat Stress Risk Assessment</p> <p>Content: 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>Date: 21.5.2025 (Wednesday)</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 Hygienist Occupational Health Nurse</p>	<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: 26.5.2025 (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>



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June 2025

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Health Talk (1)	Health Talk (2)
<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: 2.6.2025 (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 Hygienist Occupational Health Nurse</p>	<p>Topic: Prevention of Heat Stroke at Work in a Hot Environment and Heat Stress Risk Assessment</p> <p>Content: 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>Date: 4.6.2025 (Wednesday)</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>
Health Talk (3)	Health Talk (4)
<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: 16.6.2025 (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 Health Nurse</p>	<p>Topic: Occupational Safety and Health for Confined Space Workers</p> <p>Content: To enhance workers’ OSH awareness in confined spaces, the talk will explain the related OSH hazards as well as their preventive measures.</p> <p>Date: 18.6.2025 (Wednesday)</p> <p>Time: 3:30 pm to 5 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 Hygienist Occupational Safety Officer Occupational Health Nurse</p>



Occupational Health Public Talk

July 2025

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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: 2.7.2025 (Wednesday)</p> <p>Time: 2:30 pm to 4 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: Prevention of Heat Stroke at Work in a Hot Environment and Heat Stress Risk Assessment</p> <p>Content: 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>Date: 9.7.2025 (Wednesday)</p> <p>Time: 3:30 pm to 5 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 Hygienist Occupational Health Nurse</p>
Health Talk (3)	Health Talk (4)
<p>Topic: Occupational Safety and Health for Confined Space Workers</p> <p>Content: To enhance workers' OSH awareness in confined spaces, the talk will explain the related OSH hazards as well as their preventive measures.</p> <p>Date: 17.7.2025 (Thursday)</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 Safety Officer Occupational Health Nurse</p>	<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: 21.7.2025 (Monday)</p> <p>Time: 6:30 pm to 7:45 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>