

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

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Health Talk (1)			Health Talk (2)	
Topic:	Prevention of Upper Limb Disorders	Topic:	Work & Healthy Lifestyle	
Content:	Introduces the causes and preventive measures	Content:	Discusses how to adopt a healthy lifestyle,	
	of upper limb disorders to enhance employees'		through a balanced diet, regular exercise,	
	awareness of upper limb disorders.		adequate rest and stress management, to	
	Demonstration and practice of workplace		help employees facing daily work and	
	exercise are included.		challenges. Demonstration and practice of	
Date:	6.5.2025 (Tuesday)		workplace exercise are includded.	
Time:	3:30 pm to 4:45 pm	Date:	14.5.2025 (Wednesday)	
Venue:	Lecture Theatre, Hong Kong Central Library	Time:	3:30 pm to 5 pm	
	66 Causeway Road,	Venue:	Health Education Room	
	Causeway Bay, Hong Kong		Kwun Tong Occupational Safety and	
	(Opposite to Victoria Park /		Health Centre, Labour Department	
	MTR Tin Hau Station Exit B)		G/F Kwun Tong Community Health Centre	
Speaker:	Occupational Health Nurse		Building	
			60 Hip Wo Street, Kwun Tong, Kowloon	
			(MTR Kwun Tong Station Exit A1)	
		Speaker:	Occupational Health Nurse	
	Health Talk (3)		Health Talk (4)	
Topic:	Prevention of Heat Stroke at Work in a Hot	Topic:	Manual Handling Operations and	
	Environment and Heat Stress Risk Assessment		Prevention of Back Injuries	
Content:	Designed for workers in hot environments to	Content:	Introduces the structure and functions of	
	enhance their awareness of heat stroke		the back, causes and preventive measures	
	prevention, covers symptoms of heat-related		of back injuries, and proper manual	
	illnesses, its first aid, preventive measures and		handling operation. Demonstrations and	
	risk assessment.		practice of workplace exercises will be	
Date:	21.5.2025 (Wednesday)		included.	
Time:	6:30 pm to 8 pm	Date:	26.5.2025 (Monday)	
Venue:	Lecture Theatre, Hong Kong Central Library	Time:	3:30 pm to 5 pm	
	66 Causeway Road,	Venue:	Lecture Hall, Hong Kong Space Museum	
	Causeway Bay, Hong Kong		10 Salisbury Road,	
	(Opposite to Victoria Park /		Tsim Sha Tsui, Kowloon	
	MTR Tin Hau Station Exit B)		(MTR Tsim Sha Tsui Station Exit E)	
Speaker:	Occupational Hygienist	Speaker:	Occupational Hygienist	
	Occupational Health Nurse	1	Occupational Health Nurse	



Occupational Health Public Talk June 2025

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Enquiry: 2852 4040

Time: 6:30 pm to 8 pm Venue: Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B) Speaker: Occupational Hygienist Occupational Health Nurse Health Talk (3) Topic: First Aid in the Workplace Content: Introduces basic knowledge of first aid and explain how to assist and handle injured employees in workplace accidents through case illustrations. Date: 16.6.2025 (Monday) Time: 3:30 pm to 5 pm Venue: Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2) Speaker: Occupational Hygienist Occupational Health Nurse Phealth Talk (4) Topic: Occupational Safety and Health for Confined Space Workers Content: To enhance workers' OSH awareness in confined spaces, the talk will explain the related OSH hazards as well as their preventive measures. Date: 18.6.2025 (Wednesday) Time: 3:30 pm to 5 pm Venue: Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park /	2114111	11 coldb Tolls (1)	Haaldh Talla (2)		
Guidance Notes on Standing at Work 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. Date: 2.6.2025 (Monday) Time: 6:30 pm to 8 pm Venue: Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B) Speaker: Occupational Health Nurse Health Talk (3) Date: 16.6.2025 (Monday) Time: 3:30 pm to 5 pm Venue: Lecture Hall, Hong Kong Science Museum Cocupational Health Nurse Health Talk (4) Topic: First Aid in the Workplace Content: Introduces basic knowledge of first aid and explain how to assist and handle injured employees in workplace accidents through case illustrations. Date: 16.6.2025 (Monday) Time: 3:30 pm to 5 pm Venue: Lecture Hall, Hong Kong Science Museum Poeta Spaces, the talk will explain the related OSH hazards as well as their preventive measures. Date: 18.6.2025 (Wednesday) Time: 3:30 pm to 5 pm Venue: Lecture Hall, Hong Kong Science Museum Poeta Spaces, the talk will explain the related OSH hazards as well as their preventive measures. Date: 18.6.2025 (Wednesday) Time: 3:30 pm to 5 pm Venue: Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong Central Library 67 Cocupational Health Nurse Speaker: Occupational Health Nurse Health Talk (4) Topic: Occupational Safety officer		. ,		• , ,	
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employees in workplace accidents through case illustrations. Date: 16.6.2025 (Monday) Time: 3:30 pm to 5 pm Venue: Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2) Speaker: Occupational Health Nurse employees in workplace accidents through spaces, the talk will explain the related OSH hazards as well as their preventive measures. Date: 18.6.2025 (Wednesday) Time: 3:30 pm to 5 pm Venue: Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B) Speaker: Occupational Hygienist Occupational Safety Officer	Content:	Introduces basic knowledge of first aid and		Confined Space Workers	
case illustrations. Date: 16.6.2025 (Monday) Time: 3:30 pm to 5 pm Venue: Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2) Speaker: Occupational Health Nurse hazards as well as their preventive measures. Date: 18.6.2025 (Wednesday) Time: 3:30 pm to 5 pm Venue: Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B) Speaker: Occupational Hygienist Occupational Safety Officer		explain how to assist and handle injured	Content:	To enhance workers' OSH awareness in confined	
Date: 16.6.2025 (Monday) Time: 3:30 pm to 5 pm Venue: Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2) Speaker: Occupational Health Nurse Date: 18.6.2025 (Wednesday) Time: 3:30 pm to 5 pm Venue: Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B) Speaker: Occupational Hygienist Occupational Safety Officer		employees in workplace accidents through		spaces, the talk will explain the related OSH	
Time: 3:30 pm to 5 pm Venue: Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2) Speaker: Occupational Health Nurse Time: 3:30 pm to 5 pm Venue: Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B) Speaker: Occupational Hygienist Occupational Safety Officer		case illustrations.		hazards as well as their preventive measures.	
Venue: Lecture Hall, Hong Kong Science Museum 2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2) Speaker: Occupational Health Nurse Venue: Lecture Theatre, Hong Kong Central Library 66 Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B) Speaker: Occupational Hygienist Occupational Safety Officer	Date:	16.6.2025 (Monday)	Date:	18.6.2025 (Wednesday)	
2 Science Museum Road, Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2) Speaker: Occupational Health Nurse Causeway Road, Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B) Speaker: Occupational Hygienist Occupational Safety Officer	Time:	3:30 pm to 5 pm	Time:	3:30 pm to 5 pm	
Tsim Sha Tsui East, Kowloon (MTR Tsim Sha Tsui Station Exit B2) Speaker: Occupational Health Nurse Causeway Bay, Hong Kong (Opposite to Victoria Park / MTR Tin Hau Station Exit B) Speaker: Occupational Hygienist Occupational Safety Officer	Venue:	Lecture Hall, Hong Kong Science Museum	Venue:	Lecture Theatre, Hong Kong Central Library	
(MTR Tsim Sha Tsui Station Exit B2) Speaker: Occupational Health Nurse MTR Tin Hau Station Exit B) Speaker: Occupational Hygienist Occupational Safety Officer		2 Science Museum Road,		66 Causeway Road,	
Speaker: Occupational Health Nurse MTR Tin Hau Station Exit B) Speaker: Occupational Hygienist Occupational Safety Officer		Tsim Sha Tsui East, Kowloon		Causeway Bay, Hong Kong	
Speaker: Occupational Hygienist Occupational Safety Officer		(MTR Tsim Sha Tsui Station Exit B2)		(Opposite to Victoria Park /	
Occupational Safety Officer	Speaker:	Occupational Health Nurse		MTR Tin Hau Station Exit B)	
			Speaker:	Occupational Hygienist	
Occupational Health Nurse				Occupational Safety Officer	
· · · · · · · · · · · · · · · · · · ·				Occupational Health Nurse	



Occupational Health Public Talk July 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

Enquiry:	2852 4040		四部公司
Health Talk (1)			Health Talk (2)
Topic:	Occupational Stress	Topic:	Prevention of Heat Stroke at Work in a
Content:	Introduces the symptoms and health		Hot Environment and Heat Stress Risk
	impact of occupational stress, and		Assessment
	explains the stress-coping strategies	Content:	Designed for workers in hot environments to
	through case illustrations.		enhance their awareness of heat stroke
Date:	2.7.2025 (Wednesday)		prevention, covers symptoms of heat-related
Time:	2:30 pm to 4 pm		illnesses, its first aid, preventive measures
Venue:	Lecture Hall, Hong Kong Space Museum		and risk assessment.
	10 Salisbury Road,	Date:	9.7.2025 (Wednesday)
	Tsim Sha Tsui, Kowloon	Time:	3:30 pm to 5 pm
	(MTR Tsim Sha Tsui Station Exit E)	Venue:	Lecture Theatre, Hong Kong Central Library
Speaker:	Occupational Health Nurse		66 Causeway Road,
			Causeway Bay, Hong Kong
			(Opposite to Victoria Park /
			MTR Tin Hau Station Exit B)
		Speaker:	Occupational Hygienist
			Occupational Health Nurse
Health Talk (3)		Health Talk (4)	
Topic:	Occupational Safety and Health for	Topic:	Occupational Health for Cleansing Workers
	Confined Space Workers	Content:	To enhance the awareness of occupational
Content:	To enhance workers' OSH awareness in		health hazards, this talk introduces their
	confined spaces, the talk will explain the		preventive measures to cleansing workers.
	related OSH hazards as well as their		Demonstration and practice of workplace
	preventive measures.		exercise will also be included.
Date:	17.7.2025 (Thursday)	Date:	21.7.2025 (Monday)
Time:	3:30 pm to 5 pm	Time:	6:30 pm to 7:45 pm
Venue:	Lecture Hall, Hong Kong Space Museum	Venue:	Lecture Theatre, Hong Kong Central Library
	10 Salisbury Road,		66 Causeway Road,
	Tsim Sha Tsui, Kowloon		Causeway Bay, Hong Kong
	(MTR Tsim Sha Tsui Station Exit E)		(Opposite to Victoria Park /
Speaker:	Occupational Hygienist		MTR Tin Hau Station Exit B)
	Occupational Safety Officer	Speaker:	Occupational Health Nurse
	Occupational Health Nurse		