

## Synopsis of Occupational Health Talks

Ref. No.	Topic	Duration	Description
1.	Strategies for the Prevention of Occupational Diseases	1 hour	Occupational hazards in various industries can affect employees' health and cause occupational diseases. This talk introduces some common hazards causing occupational diseases and a hierarchy of control measures to enhance the awareness of employers and employees the strategies for the prevention of occupational diseases.
2.#	Manual Handling Operations and Prevention of Back Injuries	1 hour	This talk will give a brief account of the structure and functions of the back, and explain the causes and preventive measures of musculoskeletal disorders (MSDs) in back, as well as proper manual handling operations. Demonstration and practice of workplace exercise are included.
3.	Prevention of Upper Limb Disorders	1 hour	This talk aims at enhancing the awareness of employers and employees on upper limb disorders. The talk explains the causes and preventive measures of upper limb disorders. Demonstration and practice of workplace exercise are included.
4.	Prevention of Lower Limb Disorders	1 hour	Employees who require prolong standing, walking or carrying heavy objects at work will easily lead to lower limb strain such as plantar fasciitis, varicose veins, and knee osteoarthritis. This talk introduces the causes, symptoms, treatment and prevention of lower limb diseases. Demonstration and practice workplace exercise are included.
5.	Work & Healthy Lifestyle	1¼ hours	This talk discusses how to adopt a healthy lifestyle, through a balanced diet, regular physical activities, adequate rest and stress management, to help employees facing daily work and challenges. Demonstration and practice of workplace exercise are included.
6.	More Exercise, Smart Work	1¼ hours	This talk explains how physical activities enhance employees' physical fitness that empower them to cope with their daily work and prevent work-related injuries. After the talk, employers and employees would also understand how to integrate physical activities into their workplaces and daily life. Demonstration and practice of workplace exercise and aerobic exercise are included.
7.	Occupational Stress	1½ hours	Employees may come across different levels of occupational stress at work. This talk introduces the symptoms and health impact of occupational stress, and explains the general stress-coping strategies through case illustrations.
8.	Occupational Stress Workshop (Workshop suspended due to COVID-19)	2 hours	Employees may come across different levels of occupational stress at work. This workshop introduces the symptoms and health impact of occupational stress. Interactive group activities are incorporated into the workshop to explain the stress coping strategies. This workshop requires enough event space and active participation of attendees.
9.	Work and Diabetes Mellitus and Hypertension	1 hour	Diabetes mellitus and hypertension are common chronic diseases among the working population. In order to promote the health awareness of employers and employees, this talk briefly introduces the signs and symptoms and complications of these diseases, emphasis will be given on the health tips for working in hot environment, performing heavy manual work or work with irregular work schedule.
10.	Medical Examinations for Workers Engaged in Hazardous Occupations in Industrial Undertakings	1 hour	This talk introduces the concept of medical surveillance to employers and employees. It also explains the objectives and importance of medical examinations for workers engaged in hazardous occupations in industrial undertakings.
11.	First Aid in the Workplace	1½ hours	The talk introduces the basic knowledge of first aid and explains how to assist and handle injured employees in workplace accidents through case illustrations.

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12.	First Aid in the Workplace (Including demonstration and practice of bandaging) (Talk suspended due to COVID-19)	2 hours	The talk introduces the basic knowledge of first aid and explains how to assist and handle injured employees in workplace accidents through case illustrations. Demonstration and practice of simple bandaging are included.
13.	Prevention of Eye Injuries at Work	¾ hour	This talk is designed for employees working in industrial undertakings. It briefly introduces the eye structure and possible eye accidents at workplace. Care of eyes and prevention of eye injuries in daily life and workplace are also explained.
14.	Noise Hazards & Prevention of Hearing Loss	1 hour	This talk explains the health impact caused by noise hazards. Measures for prevention of hearing loss are also introduced.
15.	Occupational Contact Dermatitis	¾ hour	Occupational contact dermatitis is an annoying disease. This talk introduces the structure and functions of skin. The main causes and preventive measures of occupational contact dermatitis are also explained.
16.	Prevention of Heat Stroke at Work in a Hot Environment	¾ hour	This talk is designed to raise the awareness on heat stroke prevention for workers working in hot environment. The content includes symptoms of heat-related illnesses, first aid management and the preventive measures.
17.	Chemical and Occupational Health	1 hour	This talk elaborates how chemicals enter the human body, the health impact of chemicals, as well as the prevention and control of chemical hazards at work.
18.	Infection Control in the Workplace	1 hour	Some employees may contact pathogenic micro-organisms such as bacteria and viruses in their workplaces. This talk briefly introduces how micro-organisms may enter into human body and affect one's health. The concept of infection control in the workplace is also explained.
19.	Occupational Health for Office Workers	1½ hours	This talk is designed for office workers to enhance their awareness on occupational health. The content includes the occupational health hazards and their preventive measures. Demonstration and practice of workplace exercise are included.
20.	Health Hints on the Use of Computer	1¼ hours	This talk is designed for employees who need to use computers for prolonged period of time. To enhance their awareness of occupational health, the talk includes a brief introduction of the Occupational Safety and Health (Display Screen Equipment) Regulation, explanation on occupational health hazards associated with prolonged use of computer and its preventive measures. Demonstration and practice of workplace exercise are included.
21.	Prevention of Musculoskeletal Disorders for Office Workers	1 hour	This talk aims to enhance the office workers' awareness of the prevention of musculoskeletal disorders of back and upper limbs arising from prolonged repetitive movements or improper sitting postures. The content includes the causes and preventive measures of musculoskeletal disorders. Demonstration and practice of workplace exercise are included.
22.	Occupational Health for Employees in Catering Industry	1¼ hours	This talk is designed for employees working in catering industry to enhance their awareness on occupational health. The content includes the occupational health hazards and their preventive measures. Demonstration and practice of workplace exercise are included.
23.	Manual Handling Operations and Prevention of Back Injuries for Employees in Hotel Industry	1 hour	This talk is designed for employees working in hotel industry. The talk briefly introduces the structure and functions of the back, explains the causes, preventive measures of back injuries and the proper manual handling operations. Demonstration and practice of workplace exercise are included.

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24.	Chemical and Occupational Health for Employees in Hotel Industry	1 hour	This talk is designed for employees working in hotel industry. The content includes how chemicals enter the human body, the health impact of chemicals, as well as the prevention and control of chemical hazards.
25.	Occupational Health for Residential Care Home Workers	1¼ hours	This talk is designed for workers of Residential Care Home to enhance their awareness on occupational health. The content includes the occupational health hazards and their preventive measures. Demonstration and practice of workplace exercise are included.
26.	Residential Care Home Workers - Manual Handling Operations and Prevention of Back Injuries	1 hour	This talk is designed for workers of Residential Care Home. This talk briefly introduces the structure and functions of the back, explains the causes and preventive measures of musculoskeletal disorders (MSDs) in back as well as the proper manual handling operations. Demonstration and practice of workplace exercise are included.
27.	Residential Care Home Workers - Infection Control in the Workplace	1 hour	This talk is designed for workers of Residential Care Home. Workers may contact pathogenic micro-organisms such as bacteria and viruses in their workplaces that cause illnesses. This talk briefly introduces how micro-organisms may enter into human body and affect one's health. The concept of infection control in Residential Care Home is also explained.
28.	Occupational Health Talk Series for Teachers		This series of talks aim at enhancing the awareness of teachers on their occupational health. Note: can choose one or two topic listed below
	28a. Back Care	1¼ hours	This talk briefly introduces the structure and functions of the back, explains the causes, preventive measures of musculoskeletal disorders (MSDs) in back and the proper manual handling operations with case scenario. Demonstration and practice of workplace exercise and aerobic exercise are included.
	28b. Basic Knowledge on Care of Your Voice	¾ hour	This talk introduces the common causes of voice problems and basic knowledge of voice care.
29.	Occupational Health for Workers in Pre-primary Educational Institutions	1½ hours	This talk is designed for workers in pre-primary educational institutions to enhance their awareness on occupational health. The content includes the occupational health hazards and their preventive measures. Demonstration and practice of workplace exercise are included.
30.	Occupational Health Talk Series for School Workers		This series of talks aim at enhancing the awareness of school workers on their occupational health. Target group: clerical staff, school workmen, laboratory staff etc. Note: can choose one or two topic listed below
	30a. Back Care	1¼ hours	This talk briefly introduces the structure and functions of the back, explains the causes, preventive measures of musculoskeletal disorders (MSDs) in back and the proper manual handling operations, as well as the proper posture of using computer. Demonstration and practice of workplace exercise are included.
	30b. Basic First Aid Knowledge	1 hour	The talk introduces the basic knowledge of first aid and explains how to assist and handle injured employees in the accidents at school through case illustrations.
31.	Work and Common Gastrointestinal Diseases	1¼ hours	Hectic life and busy work predispose workers to gastrointestinal diseases. These may not only make both social and daily life inconvenient, but also affect their work performance. This talk briefly introduces some common gastrointestinal diseases, their causes, symptoms and treatment. In addition, it focuses on the mutual influence of work and common gastrointestinal diseases, and its preventive measures to promote employees' occupational health.

<b>Ref. No.</b>	<b>Topic</b>	<b>Duration</b>	<b>Description</b>
32a.	Occupational Health for Cleansing Workers	1 hour	The talk introduces the occupational health hazards of cleansing workers and its preventive measures aiming to enhance their awareness on occupational health. Demonstration and practice of workplace exercise are included.
32b.	Cleansing Workers - Prevention of Musculoskeletal Disorders for	1 hour	This talk introduces common causes and the preventive measures of musculoskeletal disorders facing cleansing workers to enhance their awareness on occupational health. Demonstration and practice of workplace exercise are included.
33.	Prevention of Musculoskeletal Disorders for Employees in Retail Industry	1 hour	Workers in retail industry may have greater chance of getting musculoskeletal disorders of back, upper limbs and lower limbs due to repetitive job nature, carrying heavy loads at work or prolonged standing or walking. This talk explains the causes and preventive measures of musculoskeletal disorders. Demonstration and practice of workplace exercise are included.
34.	Occupational Health for Professional Drivers	1½ hours	This talk is designed for professional drivers to enhance their awareness on occupational health. The content includes occupational health hazards, common health issues, preventive measures and the health tips for professional drivers. Demonstration and practice of workplace exercise are included.
35.	Occupational Health for Meat and Poultry Workers	1 hour	Workers selling meat, live poultry or frozen meat in markets, shops and supermarkets may expose to various work-related hazards, including musculoskeletal disorders and biological hazards, that may endanger their health. This talk explains the impact of these hazards on employees' health and their preventive measures. Demonstration and practice of workplace exercise are included.
36.	Noise Hazards and Prevention of Hearing Loss for Employees in Entertainment Industry	¾ hour	Employees working in entertainment industry such as mahjong centers, discos and game centers may expose to noise hazards. This talk explains the health hazards caused by noise at work. Measures for prevention of hearing loss are also introduced.
37.	Prevention of Silicosis	¾ hour	This talk introduces the signs and symptoms of silicosis and its health impact. Various preventive measures are also explained.
38.	Health Hazards of Asbestos and Preventive Measures	1 hour	This talk introduces occupational diseases related to asbestos. Various preventive measures are also explained.
39.	Occupational Health for Welders	1 hour	This talk is designed for welders to enhance their awareness on occupational health. The content includes the health hazards of welding and their preventive measures. Demonstration and practice of workplace exercise are included.
40.	Health Hazards of Lead at Work and Preventive Measures	¾ hour	This talk is designed for workers who will contact lead at work. The content includes the signs and symptoms of lead poisoning and its health impact. Various preventive measures are also explained.
41.	Occupational Health Hints for New Recruit Young Employees	1¼ hours	This talk is designed for young people who are planning to join or just joined the workforce. It is to enhance their understanding and awareness on occupational health. The content includes introduction of basic concepts of occupational health, explanation on occupational health hazards and their preventive measures with case scenarios.
42.	Occupational Health for Couriers	1 hour	Musculoskeletal disorders and heat-related illnesses like heat stroke are common occupational health hazards facing couriers. This talk introduces the causes and preventive measures of these hazards. Demonstration and practice of workplace exercise are included.

Ref. No.	Topic	Duration	Description
43.	Occupational Health for Security Guards	1¼ hour	Musculoskeletal disorders (MSDs) in lower limbs and back are the common occupational health problems among security guards. This talk introduces the causes and preventive measures of these hazards. It also briefs the effects and prevention of cardiovascular diseases and cerebrovascular diseases (CCVD), tips on healthy lifestyles, etc. Demonstration and practice of workplace exercise are included.
44.	Work and Voice Care	¾ hour	Voice problems are common in employees who have to use their voice constantly. It affects not only employees' work, but also causes a significant impact on their social and personal life. This talk introduces some of the common causes, symptoms of voice problems and methods of voice care.
45.	Easy Tips for Healthy Eating at Work	¾ hour	This talk aims to raise the awareness of both employers and employees about healthy eating, so as to establish a right concept of making wise food choices. Through promoting healthy eating in the workplace, employees can "eat well, stay healthy and work smart".
46.	Make Small Change ~ Physical Activities boost your Work	¾ hour	This talk aims to encourage employers and employee to build an active lifestyle to strengthen their health and enhance work efficiency. The talk also explains the importance of regular exercise and introduce the tips to increase activity levels at work. Demonstration and practice of workplace exercise and aerobic exercise are included.
47.	Happy Workplace	1 hour	Work accounts for most of our daily life. Long working hours and work stress, etc., may cause employee a work-life imbalance. Building a happy workplace can help employees to maintain physical and mental health and work happily. The talk explains the importance and essential elements of creating a happy workplace.
48.	Work and Cardiovascular and Cerebrovascular Diseases	1 hour	Cardiovascular diseases and cerebrovascular diseases (CCVD) are common causes of death in Hong Kong. This talk aims to increase the awareness of employers and employees on CCVD, to introduce healthy lifestyle and to provide tips on protecting their "heart" and "brain" in the workplace so that employers and employees can work hand-in-hand to promote employees' health and to enhance organisation's productivity.

**Notes:**

All talks are conducted in Cantonese.

# : The talk can be conducted in English.

A minimum number of participants and advance booking for each talk are required.

The talk is free of charge.

For enquiry and arrangement of talk, please contact our nursing staff at 2852 4062.