

**公務員事務局 Civil Service Bureau**  
**職業安全及健康研討會 Occupational Safety and Health Seminar**

題目 Topic	: 預防上肢及下肢勞損 Prevention of Upper and Lower Limb Disorders
日期 Date	: 7.1.2026 (星期三 Wednesday)
時間 Time	: 下午 2 時 45 分至下午 5 時 2:45 p.m. to 5:00 p.m.
地點 Venue	: 九龍尖沙咀梳士巴利道十號香港太空館演講廳 Lecture Hall, Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui, Kowloon, Hong Kong
內容 Content	: 研討會旨在提高員工對上肢及下肢勞損的認識。講者會講解上肢的結構和功能、上肢勞損的主要成因、常見下肢毛病的徵狀及治療方法等。我們亦希望參加者將在研討會中獲得的資訊帶回所屬局／部門作進一步推廣。 The seminar aims at enhancing staff's awareness of upper and lower limb disorders. Speaker from the Labour Department will introduce the structures and functions of the upper limbs, main causes of upper limb strain, symptoms and treatment of commonly seen lower limb problems, etc. Participants are also encouraged to help promote the messages disseminated through the seminar in their respective bureaux/departments.
語言 Language	: 粵語 Cantonese
對象 Target participants	: 負責職安健的主管／人員將獲得優先考慮。如仍有空缺，其他有興趣的同事亦可報名參加。 Priority will be given to supervisors/officers responsible for Occupational Safety and Health matters. Other officers who are interested in the topic may also apply subject to availability of seats.
截止報名日期 Application deadline	: <b><u>17.12.2025</u></b>
查詢 Enquiries	: 鄭婉怡小姐 Miss Anita KWONG (電話 Tel: 3655 5700)