

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 : 預防筋肌勞損
Prevention of Musculoskeletal Disorders
- 日期 Date : 16.10.2026 (星期五 Friday)
- 時間 Time : 下午 2 時 30 分至下午 5 時 15 分
2:30 p.m. to 5:15 p.m.
- 地點 Venue : 香港銅鑼灣高士威道66號香港中央圖書館演講廳
Lecture Theatre, Hong Kong Central Library, 66 Causeway Road, Causeway Bay, Hong Kong
- 內容 Content : 研討會旨在提高員工對腰背勞損的認識。勞工處的講者會講解不正確體力處理操作對健康的危害，解釋腰背勞損的主要成因和預防措施。此外，研討會將講解運動如何能提升員工的體適能，使員工增加應付日常工作的能力，減低工作時受傷的機會。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 back injuries. Speaker from the Labour Department will elaborate on the possible health hazards in relation to incorrect manual handling operation, main causes and preventive measures of back injuries. The seminar will also explain how exercise can enhance employees' physical fitness and empower them to cope with their daily work and prevent work related injuries. 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 : **21.9.2026**
- 查詢 Enquiries : 鄺婉怡小姐 Miss Anita KWONG
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