

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 : 使用電腦的職業健康錦囊  
Health Hints on the Use of Computer
- 日期 Date : 5.3.2026 (星期四 Thursday)
- 時間 Time : 下午2時45分至下午5時  
2:45 p.m. to 5 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 : 研討會旨在介紹職業安全及健康（顯示屏幕設備）規例，說明長時間使用電腦對健康的影響及其預防措施，藉此提高員工對職業健康的關注。我們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 a brief introducing of the Occupational Safety and Health (Display Screen Equipment) Regulation and explanation on occupational health hazards associated with the prolonged use of computer and the preventive measures. Participants are encouraged to help promote the messages disseminated through the seminar in their respective bureaux / departments.
- 語言 Language : 粵語 Cantonese
- 對象 : 需要長時間使用電腦工作的同事將獲得優先考慮。如仍有空缺，其他有興趣的同事亦可報名參加。  
Target participants Priority will be given to colleagues who often use computer in their daily work. Other officers who are interested in the topic may also apply subject to availability of seats.
- 截止報名日期  
Application deadline : **13.2.2026**
- 查詢 Enquiries : 鄺婉怡小姐 Miss Anita KWONG  
電話 Tel : 3655 5700