



## Asian Medical Students' Association Hong Kong

Address: P.O. Box 6176, Central Post Office, Hong Kong

*Patron:* Dr. David Ho (Director & CEO, The Aaron Diamond AIDS Research Center)

*Honorary Advisors:* Prof. Fok Tai-Fai (Dean, CUHK), Prof. Raymond Liang (Senior Advisor to the Dean, HKU), Prof. Lee Shiu-Hung (Emeritus Professor, CUHK)

*General Advisors:* Dr. Philip S.L. Beh (Pathology Dept., HKU), Prof. Dennis Y.M. Lo (Pathology Dept. CUHK), Prof. N.G. Patil (Surgery Dept., HKU), Prof. S Griffiths (School of Public Health, CUHK)

To News Editor

7 November 2008

### Press Invitation

#### Hong Kong Medical Students Unite in an Occupational Health Campaign “Marathon” Promotion Across Hong Kong

According to the Occupational Safety and Health Council, 60% of all occupational injuries reported in Hong Kong are due to Repetitive Strain Injuries (RSIs). Pain and discomfort from RSIs have caused approximately 14% of employees' leave from work (Census and Statistics Department, 2006). Though infrequently publicized, RSIs are indeed preventable, and thus worthy of public attention. In view of the lack of public knowledge and awareness on RSIs, about 35 medical students from The University of Hong Kong and the Chinese University of Hong Kong will join hands to launch a "marathon" promotion across Hong Kong on 8 November, 2008 (Saturday).

The students will carry large posters with occupational health information to promote the importance of occupational safety and stretching exercises to office workers in Causeway Bay, Wanchai, Cheung Sha Wan and Kwun Tong. Boarding different forms of transportation (including ferry and MTR), they will also shout slogans and distribute bookmarks with illustrations on workplace stretching exercises in busy districts (including Prince Edward, Mongkok, Tsim Sha Tsui, Wanchai, Jordon and Causeway Bay) to promote the message of occupational safety to the public.

The highlight of this event will take place in Tsim Sha Tsui where all participants will gather to **hold a mass exercise demonstration, display exhibition boards and large posters, shout out slogans and distribute information leaflets to arouse public awareness on RSIs.** Members of the press are cordially invited. Details are as follows:

Date : 8 November 2008 (Saturday)

Time : 3:30 pm

Venue : Outside Star House, Tsim Sha Tsui (next to the flag poles)

In contrast to other occupational hazards which cause immediate and visible harm, repetitive strain injuries are generally regarded as non-life-threatening, resulting in a high incidence rate and significant loss of productivity in Hong Kong. Through this “Marathon” Promotion event, medical students aim to empower workers to prevent RSIs at the workplace.

Enquiries: **Stephanie Yu (President, AMSAHK)**, Tel: 6773-3763, Email: [stephanie.yu@amsahk.org](mailto:stephanie.yu@amsahk.org)  
**Cedric Lee (Vice-President, AMSAHK)**, Tel: 9340-9165, Email: [cedric.lee@amsahk.org](mailto:cedric.lee@amsahk.org)  
**Anne Choy (Regional Chairperson, AMSAHK)**, Tel: 9650-0357, Email: [anne.choy@amsahk.org](mailto:anne.choy@amsahk.org)  
For photos of this event, please contact **Winnie Chui (Director of Public Health, AMSAHK)**,  
Tel: 9660-6536, Email: [winnie.chui@amsahk.org](mailto:winnie.chui@amsahk.org)

#### About AMSAHK

The Asian Medical Students' Association Hong Kong (AMSAHK) is a non-profitable, non-political students' organization jointly run by medical students from the Chinese University of Hong Kong and the University of Hong Kong. As an active member of AMSA International and the International Federation of Medical Students' Associations, AMSAHK serves medical students in Hong Kong through academic research, global exchange and public health programmes to increase public awareness on medical and health issues.