

电 击

立刻进行抢救，稍有阻延，即会致命
ACT AT ONCE - DELAY IS FATAL

ELECTRIC SHOCK

此告示已由劳工处处长批准，并须根据工厂及工业经营(电力)规例第27条所规定而展示

THIS NOTICE HAS BEEN APPROVED BY THE COMMISSIONER FOR LABOUR AND MUST BE DISPLAYED FOR THE PURPOSE OF REGULATION 27 OF THE FACTORIES AND INDUSTRIAL UNDERTAKINGS (ELECTRICITY) REGULATIONS

必须确保安全，方可营救伤者

如果伤者身体任何部份仍受到电流的电击，必须先将其电源关闭，或将电线插头拔除，或将电线移开，使伤者不再与电源接触。如果无法办到，则可站在乾爽的绝缘体上(橡胶、木块、砖块、摺厚的报纸、书本)，利用同样能够绝缘的物体(例如木制的扫帚柄)作为手棒，将伤者推或拉离电源，切勿徒手触摸伤者。

立即寻求协助：致电999

营救伤者及进行急救

检查伤者的气道、呼吸与脉搏

如果伤者尚有呼吸

应将伤者放在复原位置及召唤医护人员。

如果伤者已停止呼吸，并且没有脉搏

应召唤医护人员，同时必须—

开始进行体外心脏压法一须立刻进行，因时间对伤者非常重要

先须找到胸骨下半部的位置，将掌跟放在胸骨下半部的位置上，掌心及手指须离开胸部，将另一手的掌跟放在该手背上，双臂伸直，身体向前移动，向胸骨下部施压，施压三十次，而按压速度为每分钟最少按压一百次。每施压三十次后便给伤者肺部充气两次。

开始进行人工呼吸

- 检查伤者的呼吸道，勿让呼吸道受阻，将可卸除的假牙、糖果等从伤者口中取出。
- 用一手将伤者头部尽量向后推，用另一手将伤者下颚托起。
- 深深吸入一口气，用手指将伤者鼻孔挟著，嘴唇紧贴伤者的口，然后将气逐渐吹入伤者的肺内，留意伤者的胸部升高。
- 将口移开及让伤者的胸部降低。
- 给伤者肺部两次充气。

胸部按压三十次及充气两次为一循环，约以两分钟完成五循环。如伤者仍然没有正常呼吸和脉搏，应继续施行心肺复苏法，直至救护人员到达或伤者有反应的迹象。

如果伤者没有呼吸，但有脉搏跳动

应召唤医护人员，同时进行人工呼吸，充气速度为每分钟十次，每两分钟后便再检查脉搏。如果伤者能够自行呼吸，便将伤者放在复原位置。

只用一张毛毡遮盖伤者，并继续留心观察。如果呼吸再次停顿，便要将伤者放在仰卧位置及再次进行人工呼吸。如果脉搏也停止了，则必须同时进行体外心脏压法。



先将其电源关闭
Break the contact by switching off the power supply source

致电999
Dial 999

检查伤者的气道、呼吸与脉搏
Check the airway, breathing and pulse of the casualty



复原位置
Recovery position



向胸骨下部施压
Pressing down on the lower half of the breastbone



Make sure it is safe to rescue the casualty

If the casualty is not clear of the source of electric current, break the contact by switching off the power supply source, taking out the power plug, or wrenching the cable free. If this is not possible, stand on dry insulating material (rubber, wood, brick, thickly folded newspaper, books) and try to push or pull the casualty clear of the contact using similar insulating material (such as a wooden broomstick) as a lever. Do not touch the casualty with bare hands.

Call for help immediately: Dial 999

Rescue the casualty and apply First Aid

Check the airway, breathing and pulse of the casualty

if the casualty is breathing

Place casualty in the recovery position and call medical aid.

if the casualty is NOT breathing and has NO pulse

Call medical aid, and then -

start external cardiac compression - speed is essential

Feel for the lower half of the breastbone. Place the heel of your hand on this part of the bone, keeping palm and fingers off the chest. Cover this hand with the heel of the other hand.

With arms straight, rock forward, pressing down on the lower half of the breastbone. Do this 30 times, at a rate of at least 100 strokes per minute. Give the casualty two inflations every 30 compressions.

start artificial ventilation

- Check airway is not blocked. Remove loose fitting dentures, sweets etc. from the casualty's mouth.
- Press head well back with one hand and pull the chin up with the other.
- Take a deep breath. Pinch casualty's nostrils together with your fingers. Seal your lips around his mouth and blow air steadily into his lungs. Watch his chest rise.
- Remove mouth and allow the chest to fall.
- Give two breaths of artificial ventilation.

It takes about two minutes to complete 5 cycles of 30 compressions and 2 breaths. If the casualty is still not breathing and has no pulse, please continue the cardio-pulmonary resuscitation until the ambulanceman arrives or the casualty has responses.

if the casualty is NOT breathing but has pulse

Call medical aid and start artificial ventilation at a rate of 10 breaths per minute. Check for a pulse after every 2 minutes. Place the casualty in the recovery position when he starts breathing on his own.

Cover casualty with one blanket only and continue close observation. If breathing stops again, turn casualty on his back and resume artificial ventilation. If the pulse has also stopped, then perform external cardiac compression as well.