

酷热天气 慎防中暑

Prevent Heat Stroke in Hot Weather



合适衣着
Suitable Clothing



善用机械辅助工具
Use Mechanical Aids



定时小休
Regular Rest Break



定时饮水
Drink Water Regularly

切勿饮用含酒精饮料
No Alcoholic Beverages



增加空气流动
Increase Air Movement

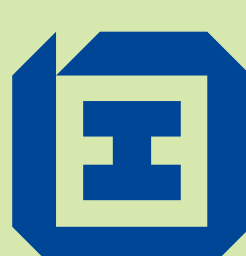


使用腰间风扇
Use Waist Fan



运输工作莫忽视 防暑措施要做好

Adopt appropriate measures to prevent heat stroke among transportation workers



劳工处
职业安全及健康部
Occupational Safety and Health Branch
Labour Department



劳工处职安健投诉热线：2542 2172（所有投诉均会绝对保密）
Labour Department's Occupational Safety and Health Complaint Hotline : 2542 2172
(All complaints will be treated in the strictest confidence)



网上职安健投诉表格



Online OSH Complaint Form