

電 擊

立刻進行搶救，稍有阻延，即會致命
ACT AT ONCE - DELAY IS FATAL

ELECTRIC SHOCK

此告示已由勞工處處長批准，並須根據工廠及工業經營(電力)規例第27條所規定而展示

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

必須確保安全，方可營救傷者

如果傷者身體任何部份仍受到電流的電擊，必須先將其電源關閉，或將電線插頭拔除，或將電線移開，使傷者不再與電源接觸。如果無法辦到，則可站在乾爽的絕緣體上(橡膠、木塊、磚塊、摺厚的報紙、書本)，利用同樣能夠絕緣的物體(例如木製的掃帚柄)作為手棒，將傷者推或拉離電源，切勿徒手觸摸傷者。

立即尋求協助：致電999

營救傷者及進行急救

檢查傷者的氣道、呼吸與脈搏

如果傷者尚有呼吸

應將傷者放在復原位置及召喚醫護人員。

如果傷者已停止呼吸，並且沒有脈搏

應召喚醫護人員，同時必須—

開始進行體外心臟壓法—須立刻進行，因時間對傷者非常重要

先須找到胸骨下半部的位置，將掌跟放在胸骨下半部的位置上，掌心及手指須離開胸部，將另一手的掌跟放在該手背上，雙臂伸直，身體向前移動，向胸骨下部施壓，施壓三十次，而按壓速度為每分鐘最少按壓一百次。每施壓三十次後便給傷者肺部充氣兩次。

開始進行人工呼吸

- 一. 檢查傷者的呼吸道，勿讓呼吸道受阻，將可卸除的假牙、糖果等從傷者口中取出。
- 二. 用一手將傷者頭部盡量向後推，用另一手將傷者下顎托起。
- 三. 深深吸入一口氣，用手指將傷者鼻孔夾著，口唇緊貼傷者的口，然後將氣逐漸吹入傷者的肺內，留意傷者的胸部升高。
- 四. 將口移開及讓傷者的胸部降低。
- 五. 給傷者肺部兩次充氣。

胸部按壓三十次及充氣兩次為一循環，約以兩分鐘完成五循環。如傷者仍然沒有正常呼吸和脈搏，應繼續施行心肺復甦法，直至救護人員到達或傷者有反應的跡象。

如果傷者沒有呼吸，但有脈搏跳動

應召喚醫護人員，同時進行人工呼吸，充氣速度為每分鐘十次，每兩分鐘後便再檢查脈搏。如果傷者能夠自行呼吸，便將傷者放在復原位置。

只用一張毛氈遮蓋傷者，並繼續留心觀察。如果呼吸再次停頓，便要將傷者放在仰臥位置及再次進行人工呼吸。如果脈搏也停止了，則必須同時進行體外心臟壓法。



先將其電源關閉
Break the contact by switching off the power supply source

致電999
Dial 999

檢查傷者的氣道、呼吸與脈搏
Check the airway, breathing and pulse of the casualty



復原位置
Recovery position



向胸骨下部施壓
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

1. Check airway is not blocked. Remove loose fitting dentures, sweets etc. from the casualty's mouth.
2. Press head well back with one hand and pull the chin up with the other.
3. 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.
4. Remove mouth and allow the chest to fall.
5. 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.