

酷熱天氣 慎防中暑

Prevent Heat Stroke in Hot Weather



合適衣著
Suitable Clothing



善用機械輔助工具
Use Mechanical Aids



定時小休
Regular Rest Break



定時飲水
Drink Water Regularly

切勿飲用含酒精飲料
No Alcoholic Beverages



增加空氣流動
Increase Air Movement



使用腰間風扇
Use Waist Fan



運輸工作莫忽視 防暑措施要做好

Adopt appropriate measures to prevent heat stroke among transportation workers

