

FACTORIES AND INDUSTRIAL UNDERTAKINGS (WORK IN
COMPRESSED AIR) REGULATIONS
(Regulation 32)

ADVISORY LEAFLET FOR ISSUE TO PERSONS WHO WORK
IN OR ENTER COMPRESSED AIR

*Read these rules carefully make sure you understand them
for your own sake — follow them*

Persons who work in or enter compressed air sometimes get pains in their joints soon after leaving the working chamber. These pains are called "the bends", "caisson sickness", or just "pains". They may occur in muscles and other parts of the body. They can almost always be avoided. Pain is sometimes felt in the ears or head during compression. This too can be avoided.

Very rarely a more serious kind of "bends" may occur and a person may even "pass out" suddenly. Immediate recompression is necessary. This is why it is so important that you always wear the label you have been given in case you get the "bends" when you are away from the construction site.

A certain number of persons who work in or enter compressed air develop, after a time, small areas of damage in some of their bones. If these affect the hip or shoulder joints arthritis may follow. Failure to obey these rules will increase the risk of bone damage.

YOU MUST NOT WORK IN OR ENTER COMPRESSED AIR UNTIL
YOU HAVE BEEN PASSED AS FIT BY THE DOCTOR

Do not go to work in or enter compressed air if you have a cold in the head, chest infection, sore throat or earache. If you have any of these complaints, you *must* report to the supervisor in charge of the compressed air operations at the construction site. If you have been off sick through any illness or injury for more than 3 days, you must be re-examined by the appointed medical practitioner before you go back into compressed air.

You must be passed medically fit before you start work in or enter compressed air. If the working pressure is over 14 pounds per square inch, you must be examined by the appointed medical practitioner at least once every 4 weeks. If the working pressure is below 14 pounds per square inch, you must be so examined at least once every 3 months.

The lock attendant has to keep a record of all persons who enter and leave the lock, and also has to control all decompression. Always obey his instructions.

YOU MUST ALWAYS WEAR THE LABEL ISSUED TO YOU

If you get an attack of "bends" get back to the construction site as quickly as you can and report to the medical lock attendant who will arrange for treatment in the medical lock.

You must never drink alcohol in compressed air, and smoking is also forbidden.

If you have not worked in or entered compressed air before you must not enter the lock unless an experienced compressed air worker is with you.

If the rate of compression is not controlled by the lock attendant, the contractor employing you may tell the leading man to take charge of the valves which let in the compressed air. If you feel pain or discomfort, warn the leading man or lock attendant at once, and compression will be stopped. If the pain does not go, pressure will be reduced slowly and you will be let out of the lock.

**TO REDUCE THE RISK OF “BENDS” DECOMPRESSION MUST
BE CARRIED OUT STRICTLY ACCORDING TO THE RULES**

Decompression is usually in 2 stages, the first quick and the second very slow, though other methods can be allowed under the Regulations.

The lock attendant must control all decompressions. Do not try to interfere with his control. You can get in touch with him by means of the speaking tube, the telephone or the observation window.

Attacks of “bends” usually start within $1\frac{1}{2}$ hours after decompression. If the working pressure is over 40 pounds per square inch you should stay near the medical lock for at least $1\frac{1}{2}$ hours. If it is less than this you should stay near the medical lock for at least an hour.

**IN THE INTERESTS OF YOUR HEALTH OBEY THESE RULES
IF YOU DO NOT—YOU MAY BECOME SERIOUSLY ILL**

LABOUR DEPARTMENT,
HONG KONG.

(L.N. 570 of 1995)

工廠及工業經營 (在壓縮空氣中工作) 規例
(第 32 條)

本提示小冊供發給在壓縮空氣中工作或
進入壓縮空氣中的人之用

仔細閱讀 確實了解
遵守規則 確保安全

在壓縮空氣中工作或進入壓縮空氣中的人，離開氣壓施工室不久後，關節有時會有疼痛感覺，醫學上稱為“佝僂”、“減壓症”或僅稱“疼痛”。此等疼痛，可能在肌肉及身體其他部位出現，但絕大多數可以避免。加壓時，耳朵或頭部有時會感到疼痛，但此種情況也可避免。

在極罕見情況下，一種較嚴重的“佝僂”病狀可能出現，患者甚至突然“昏厥”而須立即進行覆壓。所以，最重要的是你經常佩帶僱主所發給的身分卡，以便在你離開建築地盤後出現“佝僂”病狀時，別人能知如何救治。

有些人在壓縮空氣中工作或進入壓縮空氣中一段時間後，體內骨骼會產生小部位的損傷。如損傷影響股或肩關節，則會引起關節炎。如不遵守本規則，則會增加骨骼損傷的危險。

未經醫生證明體格適合，切勿在壓縮空氣中工作或進入壓縮空氣中

如患傷風、胸肺發炎、喉痛或耳痛，不可在壓縮空氣中工作或進入壓縮空氣中。若發覺有上述病狀，必須向建築地盤主管壓縮空氣作業的督導員報告。如因患病或受傷而休假超過 3 天，則在再回到壓縮空氣中工作前，必須由指定醫生覆檢身體。

開始在壓縮空氣中工作或進入壓縮空氣中之前，須由醫生證明體格適合。如施工氣壓超過每平方吋 14 磅，必須最少每 4 星期一次由指定醫生檢查。如施工氣壓低於每平方吋 14 磅，則須最少每 3 個月一次由指定醫生檢查。

氣壓調節室管理員須備存紀錄，以記錄所有進入及離開氣壓調節室的人，並須控制一切減壓工作。管理員的指示必須經常遵守。

必須經常佩帶僱主所發給的身分卡

如“佝僂”病狀發作，應盡速返回建築地盤向高壓醫療室管理員報告，該管理員即會安排你在高壓醫療室接受治療。

切勿在壓縮空氣中喝酒，亦不可吸煙。

如從未在壓縮空氣中工作或從未進入壓縮空氣中，則除非有經驗豐富的壓縮空氣工作人員陪同，否則切勿進入氣壓調節室。

如加壓速度並非由氣壓調節室管理員控制，僱用你的承建商會囑咐現場領導人員負責控制放入壓縮空氣的氣閥。如你感覺疼痛或不適，須立即通知現場領導人員或氣壓調節室管理員，加壓即會停止。如疼痛不止，氣壓會慢慢降低，氣壓降低後你即可離開氣壓調節室。

為減低引致“佝僂”的危險，減壓時須嚴守規則

雖然本規例亦容許使用其他方法減壓，但減壓工作通常分兩階段進行，第一階段快速，第二階段則非常緩慢。

一切減壓工作，均須由氣壓調節室管理員控制，切勿試圖干擾。如欲與管理員接觸，可利用通話管、電話或觀察窗。

“佝僂”病狀通常在減壓後 $1\frac{1}{2}$ 小時之內發作。如施工氣壓超過每平方吋 40 磅，你應在高壓醫療室附近逗留最少 $1\frac{1}{2}$ 小時，如氣壓不足 40 磅，則應在高壓醫療室附近逗留最少 1 小時。

為健康着想，請遵守本規則。違背規則，可引致重病

香港勞工處