



Labour Department 勞工處

二零一九年上半年度  
職業安全及健康訓練課程  
Occupational Safety and Health Training Courses  
January - June 2019



工作 安全健康  
safety at work



Occupational Safety and Health Training Centre

職業安全及健康訓練中心



# Courses Index 課程目錄

The following courses are held at the Occupational Safety and Health Training Centre, Labour Department which is located at "13/F, KOLOUR • Tsuen Wan I, 68 Chung On Street, Tsuen Wan."

以下課程之授課地點在「荃灣眾安街六十八號荃灣千色匯I十三樓」勞工處職業安全及健康訓練中心

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## Legislation Related Safety and Health Courses for Trainers 為導師設立與安全及健康法例相關課程

| Course Title<br>課程名稱                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Course Code<br>課程代碼 | Course No.<br>課程編號                                       | Date<br>上課日期                                                                                                                                     | Course No.<br>課程編號                                       | Date<br>上課日期                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>(1) Major Safety Regulations related to Industrial Accident Prevention</b><br><b>防止工業意外的主要相關安全法例</b><br>(1/2 day) (a.m. or p.m.) (半天) (上午或下午)<br>This course outlines a series of safety regulations related to industrial accident prevention which include: 1) Fire precautions, 2) Electricity, 3) Lifting appliances & lifting gear, 4) Guarding & operation of machinery, and 5) Woodworking machinery, etc.<br>本課程簡介一系列與防止工業意外相關的安全法例並包括：1) 防火措施、2) 電力、3) 起重機械及起重裝置、4) 機械的防護及操作、及 5) 木工機械等等。                                                                                                                                                                                                                                                                                                                                                                                                                                                              | APS                 | 01<br>02<br>03<br>04<br>05<br>06<br>07<br>08             | 4 / 1 a.m.<br>11 / 1 p.m.<br>17 / 1 a.m.<br>14 / 2 a.m.<br>22 / 2 p.m.<br>6 / 3 p.m.<br>15 / 3 a.m.<br>25 / 3 p.m.                               | 09<br>10<br>11<br>12<br>13<br>14<br>15                   | 10 / 4 a.m.<br>17 / 4 p.m.<br>6 / 5 p.m.<br>23 / 5 a.m.<br>27 / 5 p.m.<br>12 / 6 a.m.<br>21 / 6 p.m.                                            |
| <b>(2) Major Health Regulations related to Industrial Accident Prevention</b><br><b>防止工業意外的主要相關健康法例</b><br>(1/2 day) (a.m. or p.m.) (半天) (上午或下午)<br>This course outlines a series of health regulations related to industrial accident prevention which include: 1) Protection of eyes, 2) Noise at work, 3) Dangerous substances, and 4) Occupational Safety & Health Ordinance, etc.<br>本課程簡介一系列與防止工業意外相關的健康法例並包括：1) 眼睛保護、2) 工作噪音、3) 危險物質、及 4) 職業安全及健康條例等等。                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | APH                 | 01<br>02<br>03<br>04<br>05<br>06<br>07                   | 10 / 1 a.m.<br>16 / 1 p.m.<br>22 / 1 a.m.<br>13 / 2 p.m.<br>19 / 2 a.m.<br>5 / 3 p.m.<br>14 / 3 a.m.                                             | 08<br>09<br>10<br>11<br>12<br>13<br>14                   | 21 / 3 p.m.<br>8 / 4 a.m.<br>15 / 4 p.m.<br>8 / 5 a.m.<br>21 / 5 p.m.<br>3 / 6 a.m.<br>19 / 6 p.m.                                              |
| <b>(3.1) Safety Management Regulation</b><br><b>安全管理規例</b><br><b>(3.2) Safety Inspection Programme and Accident/ Incident Investigation</b><br><b>安全視察計劃及意外或事故的調查</b><br>(1/2 day) (a.m. or p.m.) (半天) (上午或下午)<br>The Regulation requires the proprietors and contractors of 1) Construction work, 2) Shipyard, 3) Factory, 4) Generation, transformation and transmission of electricity, 5) Generation and transmission of town gas, or liquefied petroleum gas, and 6) Container handling to develop, implement and maintain a safety management system. This course outlines the 14 safety management elements, and the requirements of safety audit and safety review. <b>The safety inspection programme and accident/incident investigation will also be discussed in this course.</b><br>在這規例下，1) 建築地盤、2) 船廠、3) 工廠、4) 電力生產、變壓或輸送、5) 煤氣或石油氣的生產或輸送、及 6) 貨櫃處理作業等行業的東主及承建商須發展、實施及維持一個安全管理制度。本課程簡介規例中的14項安全管理元素，及有關安全審核和安全查核的規定。 <b>本課程亦會討論安全視察計劃及意外或事故的調查。</b> | SM                  | 01<br>02<br>03<br>04<br>05<br>06<br>07<br>08<br>09<br>10 | 7 / 1 a.m.<br>14 / 1 p.m.<br>25 / 1 a.m.<br>30 / 1 p.m.<br>14 / 2 a.m.<br>19 / 2 p.m.<br>22 / 2 a.m.<br>1 / 3 p.m.<br>12 / 3 a.m.<br>19 / 3 p.m. | 11<br>12<br>13<br>14<br>15<br>16<br>17<br>18<br>19<br>20 | 28 / 3 a.m.<br>4 / 4 p.m.<br>11 / 4 a.m.<br>18 / 4 p.m.<br>7 / 5 a.m.<br>15 / 5 p.m.<br>30 / 5 a.m.<br>6 / 6 p.m.<br>14 / 6 a.m.<br>25 / 6 p.m. |



## Legislation Related Safety and Health Courses for Trainers 為導師設立與安全及健康法例相關課程

| Course Title<br>課程名稱                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Course Code<br>課程代碼 | Course No.<br>課程編號 | Date<br>上課日期 | Course No.<br>課程編號 | Date<br>上課日期 |
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| <b>(4) Safety Regulations related to Risk Assessment<br/>風險評估的相關安全法例</b><br>(1/2 day) (a.m. or p.m.) (半天) (上午或下午)<br>This course outlines the requirements of a series of safety and health regulations related to risk assessment which include:<br>1) Provision of Safe System of Work prescribed by the Occupational Safety and Health Ordinance and the Factories and Industrial Undertakings Ordinance, 2) Noise at Work, 3) Confined Space, 4) Safety Management, and 5) Manual Handling Operations. <b>The steps of conducting risk assessment will also be discussed in this course.</b><br>本課程簡介一系列與風險評估相關的安全及健康法例要求並包括：1) 職業安全及健康條例和工廠及工業經營條例所訂明提供安全工作系統的規定、2) 工作噪音、3) 密閉空間、4) 安全管理、及 5) 體力處理操作。本課程亦會討論進行風險評估的步驟。 | RA                  | 01                 | 4 / 1 p.m.   | 11                 | 1 / 4 p.m.   |
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| <b>(5) Major Safety Regulations related to Accident Prevention in Office Work<br/>防止辦公室工作意外的主要相關安全法例</b><br>(1/2 day) (a.m. or p.m.) (半天) (上午或下午)<br>This course outlines a series of safety and health regulations, and safety precautions related to office work which include: 1) the Occupational Safety and Health Ordinance, 2) Manual handling operations, 3) Safe use of office equipment, 4) Electrical safety in office, 5) Fire precautions in office, 6) Office working environment, and 7) Concept of safety management, etc.<br>本課程簡介一系列相關辦公室工作的安全及健康法例，及其安全預防措施，包括：1) 職業安全及健康條例、2) 體力處理操作、3) 辦公室設備的安全使用、4) 辦公室的電力安全、5) 辦公室的防火安全、6) 辦公室的工作環境、及 7) 安全管理概念等等。                                                   | OW                  | 01                 | 2 / 1 p.m.   | 12                 | 3 / 4 a.m.   |
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## Briefing Sessions on Safety and Health Legislation 安全及健康法例簡介課程

| Course Title<br>課程名稱                                                                                                                                                                                                                                                                                                                                                                                                                                     | Course Code<br>課程代碼 | Course No.<br>課程編號 | Date<br>上課日期 | Course No.<br>課程編號 | Date<br>上課日期 |
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| <b>(6) Safety Regulations on Working in times of Inclement Weather and Hot Environment<br/>惡劣天氣下及酷熱環境下工作的安全法例</b><br>(1/2 day) (a.m. or p.m.) (半天) (上午或下午)<br>This course outlines the safety and health regulations, the hazards and preventive measures related to working in hot environment and inclement weather. It also introduces the symptoms and first aid management of heat stroke.<br>本課程簡介相關酷熱環境及惡劣天氣下工作的安全及健康條例，及其危害和預防措施，亦會講解中暑的徵狀及急救方法。 | IW                  | 01                 | 1 / 4 a.m.   | 08                 | 14 / 5 p.m.  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                     | 02                 | 9 / 4 p.m.   | 09                 | 21 / 5 a.m.  |
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