



Safe Foreman Award

安全管工獎 2019

- 目的：** 表揚及確認有傑出表現的工地管工
- 參賽資格：** 所有本港工地管工，而其職責必須包括參與地盤工程，及直接管轄地盤工人，並對工地安全有充份了解及肩負執行及推廣職安健事宜。
- 參加方法：**
1. 回答10條職安健選擇題
 2. 表達對工地安全之看法、意見及以實例表述
 3. 填寫參加表格，於二零一九年八月二十四日前，電郵至 srso@srso.org.hk 或郵寄火炭郵箱482號，註冊安全主任協會收。
 4. 參賽表格可從 www.srso.org.hk 網頁下載。
- 獎品：**
- 冠軍可獲得一安士金幣及獎座一個
 - 其餘四名決賽者各得現金伍仟元及獎座一個
 - 合格參賽者各得紀念品乙份
- 查詢：** 查詢可致電9520 3033 梁兆基先生或9127 6984 梁超平先生或電郵至 srso@srso.org.hk
- Objective：** To recognize the importance and contribution of site foremen in health & safety matters.
- Requirement：** All site foremen in Hong Kong. Their responsibility must be related to construction industry works and direct supervise of construction workers. The participants shall be responsible for the implementation and promotion occupational safety and health on site.
- To participate：**
1. Answer 10 occupational health and safety multiple choices.
 2. Express the view and suggestions on site safety with examples.
 3. Email or Post the filled application form to srso@srso.org.hk or P.O. Box 482, Fo Tan Post Office, Fo Tan, NT on or before 24th August 2019.
 4. Application form can be downloaded from our web site: www.srso.org.hk
- Prizes：**
- Champion: 1oz Gold coin and a Trophy
 - 4 Finalists: \$5000 cash and a Trophy for each
 - Entries: A souvenir
- Enquiry：** For any enquiries please feel free to contact Mr. Nick Leung at 9520 3033 or Mr. Freddy Leung at 9127 6984 or email to srso@srso.org.hk

Organiser 主辦機構：



THE LIGHTHOUSE CLUB HONG KONG
明建會

Co-organiser 協辦機構：



SOCIETY OF REGISTERED SAFETY OFFICERS
註冊安全主任協會

選擇題 (請剔出正確答案)

Multiple Choices (Please tick the correct answer)

1) 以下哪項是適用於體力處理操作的安全措施?

Which of the following is an appropriate safety measure for manual handling?

- a) 提供輔助機械設備 Provide mechanical aid
- b) 把較重的貨物分拆成較輕及較少的部份 Divide a heavy load into smaller and lighter components
- c) 以上皆是 All of above

2) 下列哪項關於使用安全帽的描述是不正確的?

Which of the following statement is NOT correct regarding the use of safety helmet?

- a) 當安全帽出現裂痕時，以油漆覆蓋裂痕 If cracks appeared on the safety helmet, cover it with paints
- b) 每次使用前檢查安全帽有否出現裂痕 Inspect safety helmet for cracks or sign of impact before each usage
- c) 適當地調較及使用安全帽的帽帶 Correctly adjust and use the chin strap for safety helmet

3) 密閉空間工作的大氣測試應：

Atmospheric testing to be conducted in confined space should:

- a) 只測試硫化氫 (H₂S) 氣體 Only target at hydrogen sulphide (H₂S)
- b) 使用有防爆式設計的測試設備 Be done with explosion proof type equipment
- c) 只測試密閉空間內中層的氣體 Only involve testing of the air at middle level inside the confined space

4) 進行離地工作時，不應使用以下那樣工具?

When carrying out work-above-ground, which of the following tool should NOT be used?

- a) 木梯 Wooden Ladders
- b) 流動工作台 Mobile working platform
- c) 功夫凳 Hop-up platform

5) 當進行高危或大型機器維修，以下哪項是所需的安全措施?

When carrying out high risk or large-scale machinery maintenance, which of the following is the safety measure to consider?

- a) 將總電源關掉 Cut off power source by turning off main switch
- b) 將電源上鎖並於電掣掛上警告牌 Lock the power source and label the power source with warning sign
- c) 以上皆是 All of Above

6) 在下列哪種情況下，方可使用起重機械？

Under which of the following condition can the lifting appliance be used?

- a) 取得認可的生產證書 Issued of approved production certificate
- b) 取得認可的檢驗證書 Issued of approved examination / test certificate
- c) 取得認可的維修保養證書 Issued of approved maintenance certificate

7) 若化學品濺在皮膚上，應即怎樣處理？

If the skin is splashed with chemicals, what should you do?

- a) 用水沖洗 Flush with water
- b) 用繃帶包紮患處 Wrap with the bandage
- c) 用乾布抹乾 Wipe with the dry cloth

8) 下列哪項並不是使用吊棚的安全措施？

Which of the following is NOT the safety precaution of using truss-out scaffold?

- a) 利用符合規格的狗臂架承托吊棚 Support the truss-out scaffold with metal bracket
- b) 狗臂架上需裝上三顆或以上的繫穩螺絲 Securely fix the metal bracket to the building wall with 3 or more anchor bolts
- c) 搭建吊棚於磚牆上 Erect truss-out scaffold on brick wall

9) 在進行氣體焊接工作時，為減低在供氣系統內發生火警及爆炸的風險，附加在供氣系統的相關的安全裝置應包括：

During the gas welding operations, safety devices that are incorporated in the gas supply system to the risk of fire and explosion within the gas supply system should include:

- a) 止回閥和防止回火安全掣 Non-return valve and flashback arrester
- b) 軟氣喉和壓力調節器 Gas hose and pressure regulator
- c) 一般稀釋性通風和局部抽氣通風 General dilution ventilation and local exhaust

10) 下列哪項並非於酷熱天氣下工作的防中暑措施？

Which of the following is NOT an effective measure to prevent heat stroke when working under hot weather?

- a) 觀察工人有否出現中暑症狀，例如：皮膚濕冷、面色蒼白、頭痛、短暫神智不清、非常口渴、頭暈眼花 Check on symptoms of heat stroke of workers, such as clammy skin, paleness, headache, transient loss of consciousness, thirst, fainting, etc.
- b) 用大量含咖啡因的飲料例如茶、咖啡以補充流失的水份 Drink plenty of caffeine containing beverage such as tea and coffee to replenish water lost
- c) 透過定時休息或輪流負責不同職務及到不同地點工作，讓工人降溫，並減少他們暴露在酷熱天氣環境下的時間 Arrange regular break or shifting of work task and work location and reduce their exposure time under hot weather

安全管工獎 2019

安全管工獎 SAFE FOREMAN AWARD 2019 參加表格 APPLICATION FORM

在2018年共有14宗建造業致命工業意外，大部份涉及人體從高處墮下。作為一名管工，你覺得怎能改善高處工作的安全？(試用不少於500字闡述。)

There were 14 construction industrial fatalities happened in 2018, and most of which involved persons falling from height. As a foreman, what do you think that you can improve the safety of work-at-height? (Please express your view with not less than 500 words)

(可另加附頁/ Please add supplementary paper if necessary)

參加者資料

中文姓名 : _____

English Name : _____

通訊地址 (Correspondence Address) : _____

聯絡電話 (Contact No.) Day : _____ 傳真號碼 (Fax No.) : _____

電郵地址 (E-mail Address) : _____

職業 (Occupation) : _____

建造業工作經驗 (Working Experience in Construction Industry) : _____ 年(Year)

工作性質 (Job Nature) : _____

現時僱主 (Current Employer) : _____

所管轄工人數目 (No. of Workmen under Supervision) : _____

參加者簽署 (Applicant Signature) : _____

填寫參加表格，於二零一九年八月二十四日前，電郵至 srso@srso.org.hk 或 郵寄火炭郵箱482號註冊安全主任協會收

Please fill in the application form and email to srso@srso.org.hk or post to Society of Registered Safety Officers, P.O. Box 482, Fo Tan Post Office, Fo Tan, N.T. before 24th August 2019.