



2026

SAFE FOREMAN AWARD 安全管工獎

Fire Safety

Smart-tech

Compliance

EXTINGUISHER
DISTRIBUTION MAP



- 此活動由「明建會」主辦，「註冊安全主任協會」協辦。
- This award is organized by Lighthouse Club and co-organized by Society of Registered Safety Officers.
- 本獎項目的是肯定工地管工對工地安全的貢獻，並表揚管工在對安全之承擔。
- The objective of this award is to recognize the foreman with outstanding safety performance.

✓ 參賽資格 Eligibility :

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，並對工地安全有充分了解及負責執行及推廣職安健事宜。

All site foremen in Hong Kong are eligible. Their responsibility must be related to work in the construction industry and directly supervising construction work. The participants shall be responsible for implementing and promoting occupational safety and health on site.

✎ 參加方法 How to enroll:

- 回答10條職安健選擇題。
- 表達對工地安全之看法，意見及以實例表述。
- 於二零二六年八月十五日前掃描二維碼及提交網上表格，或填寫此參加表格並電郵至 srso@srso.org.hk。
- 評審委員會從各參賽者中選出優勝者進行會面，會面日期將另行通知，而得獎者亦將獲邀出席二零二六年十月十六日「明建會」舉辦之頒獎典禮。
- 查詢可致電 5590 2322 黃景豪先生 或 5482 4433 夏煥峰先生或電郵至 srso@srso.org.hk

獎品 Prize:



冠軍可獲得現金一萬元及獎座一個
Champion: \$10,000 cash and a trophy

其餘四名決賽者各得現金伍仟元及獎座一個
4 Finalists: \$5,000 cash and a trophy for each



合格參賽者各得精美紀念品一份
All eligible participants will receive a souvenir



請剔出正確答案 Please tick the correct answer

Q1: 提舉物料方法不正確，往往造成腰背受傷；而大部份持續性或復發性之腰部疼痛，是由於下列哪身體部份退化所致？ Incorrect manual handling methods often cause lower back injuries. Most persistent or recurrent lower back pain is caused by the degeneration of which of the following body parts?

- ☐ 中樞神經 / Central nervous system
- ☐ 椎間盤 / Intervertebral disc
- ☐ 腕關節 / Hipjoint

Q2: 根據勞工處指引，在炎熱天氣下，為防止中暑，管工應如何安排工作？ According to the Labor Department's guidelines, how should a foreman arrange work in hot weather to prevent heatstroke?

- ☐ 禁止喝水，以免頻繁如廁 / Prohibit drinking water to avoid frequent toilet visits
- ☐ 安排足夠的休息時間及提供飲用水 / Arrange sufficient rest breaks and provide drinking water
- ☐ 加快工作進度以減少曝曬時間 / Speed up work progress to reduce sun exposure time

Q3: 根據《建築地盤(安全)規例》，吊運機械的鋼索須由合資格人士每隔多久進行徹底檢驗？ According to the Construction Sites (Safety) Regulations, how often must the wire ropes of lifting appliances be thoroughly examined by a competent person?

- ☐ 6個月 / 6 months
- ☐ 12個月 / 12 months
- ☐ 24個月 / 24 months

Q4: 對閃失事故進行調查的主要目的是？ What is the primary purpose of investigating near-miss incidents?

- ☐ 對受驚人士作出交代 / To provide an explanation to those who were startled
- ☐ 防止更嚴重的意外發生 / To prevent more serious accidents from occurring
- ☐ 因應保險公司 / To comply with insurance companies

Q5: 進入沙井之前要確保沒有缺氧和氣體危害，應首先採取下列哪一項安全措施？ Before entering a manhole, which of the following safety measures should be taken first to ensure there is no oxygen deficiency or gas hazard?

- ☐ 安排足夠急救設施 / Arrange for adequate first-aid facilities
- ☐ 進行氣體測試 / Conduct a gas test
- ☐ 注入氧氣 / Inject oxygen

請剔出正確答案 Please tick the correct answer

Q6: 《建築地盤（安全）規例》內，僱有50名工人或以上之地盤，須有下列哪一種設施？ According to the Construction Sites (Safety) Regulations, which of the following facilities must a construction site employing 50 or more workers provide?

- ☐ 一張急救用之擔架 / A first-aid stretcher
- ☐ 一個急救用之氧氣筒 / A first-aid oxygen cylinder
- ☐ 一個緊急用之電話 / An emergency telephone

Q7: 在戶內使用流動式金屬塔式通架時，其高度與最小的底邊長度比率，應不多於多少倍？ When an indoor mobile metallic tower scaffold is used, what is the maximum allowable ratio of its height to its minimum base width?

- ☐ 5.5倍 / 5.5 times
- ☐ 4.5倍 / 4.5 times
- ☐ 3.5倍 / 3.5 times

Q8: 下列哪一類滅火筒，不應用作撲滅易燃液體引起的火警？ Which of the following types of fire extinguishers should not be used to put out fires caused by flammable liquids?

- ☐ 化學粉劑 / Dry powder
- ☐ 水劑 / Water
- ☐ 泡劑 / Foam

Q9: 工場內電器設備發生故障，應由下列哪一類人士進行修理最適當？ When electrical equipment malfunctions in a workshop, who is the most appropriate person to conduct the repairs?

- ☐ 由合資格電器技工 / A qualified electrician
- ☐ 由受過安全訓練人士 / A person who has received safety training
- ☐ 由熟悉該設備的員工 / An employee familiar with the equipment

Q10: 根據《工廠及工業經營（吊船）規例》，吊船的擁有人須提供下列哪 些個人防護裝備給吊船的使用者？ According to the Factories and Industrial Undertakings (Suspended Working Platforms) Regulation, which of the following personal protective equipment must be provided to its users?

- ☐ 安全帶及獨立救生繩 / Safety harness and independent lifeline
- ☐ 安全帶及反光衣 / Safety harness and reflective vest
- ☐ 安全帶及安全帽 / Safety harness and safety helmet



表達你的看法或建議 YOUR VIEW & SUGGESTION:



作為前線管工，如何保障工友在工地內的健康？同時隨著政府於 7 月 17 日起推行禁煙新法例，在推動『無煙地盤』時將面臨甚麼挑戰？並提出具體管理策略以同時提升地盤的吸煙管制與防火安全（不少於 300 字）

As a frontline foreman, how can you ensure the health of workers on site? Furthermore, the prohibition of Smoking on construction site legislation effective July 17, 2026, what challenges will you face in promoting a smoke-free site? Please propose management strategies to simultaneously enhance smoking control and fire safety on site. (Not less than 300 words)

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



參加者資料 PARTICIPANT INFORMATION

姓名(中文)
NAME (CHINESE):

姓名(英文)
NAME (ENGLISH):

通訊地址
CORRESPONDENCE ADDRESS:

聯絡電話
CONTACT NUMBER:

電郵地址
EMAIL ADDRESS:

職業
OCCUPATION:

建造業工作經驗(以年份)
WORKING EXPERIENCE IN CONSTRUCTION INDUSTRY (IN YEAR):

工作性質
JOB NATURE:

現時僱主
CURRENT EMPLOYER:

所管轄工人數目
NUMBER OF WORKMEN UNDER
SUPERVISION:

參加者簽署
PARTICIPANT'S SIGNATURE:



點擊或掃描左邊二維碼以填寫網上表格，或填寫此參加表格
並電郵至 srso@srso.org.hk。

Either click or scan the QR Code to complete the online
form, or email the filled application form to
srso@srso.org.hk.



截止日期：二零二六年八月十五日
Deadline: 15 August 2026

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Statement of Personal Data Collection: The information you provide to the Society of Registered Safety Officers (SRSO), including personal data as defined by the Personal Data (Privacy) Ordinance, will only be used for relevant activities.

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