

調整作業時間

避免強烈日曬時
作業

遮陽降溫

搭帳棚防曬，搭
配風扇、水霧
或灑水降溫

戶外高氣溫 小心熱危害

定期飲水及休息

定期補充水分及
鹽分，在通風陰涼
處休息

緊急應變及處理

身體不適時暫停作
業並休息，必要時
立即就醫



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關心您

• Adjusting Work Hours

Avoid working in hours of strong sunlight



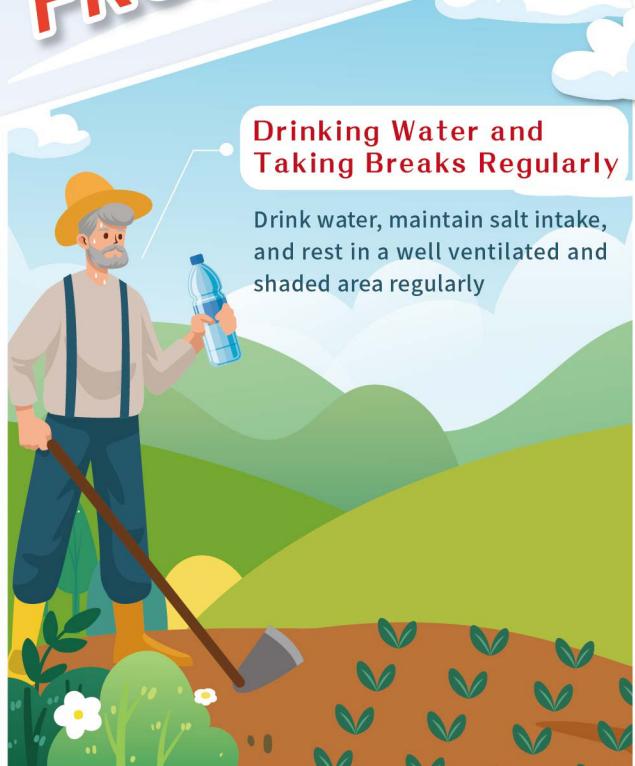
Using Shade and Lowering Temperature

Install a sunproof tent and lower the temperature using fans, mist sprays or water sprays

WATCH OUT FOR THERMAL STRESS FROM OUTDOOR HEAT EXPOSURE

Drinking Water and Taking Breaks Regularly

Drink water, maintain salt intake, and rest in a well ventilated and shaded area regularly



Emergency Response and Treatment

Stop working and rest when not feeling well, and seek immediate medical assistance when necessary

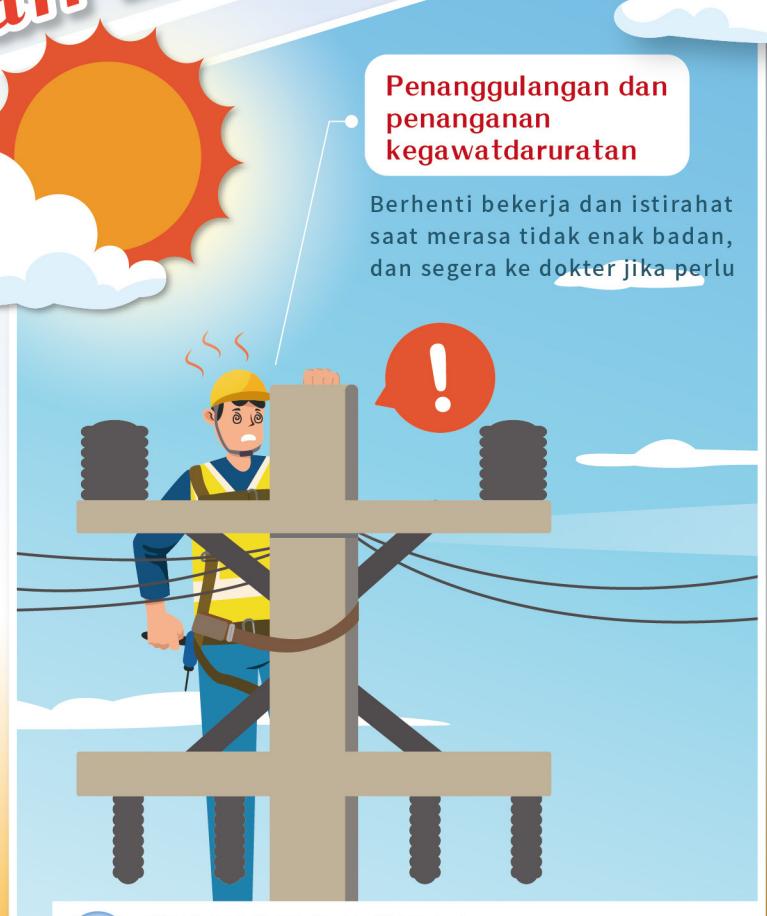


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Cares about you



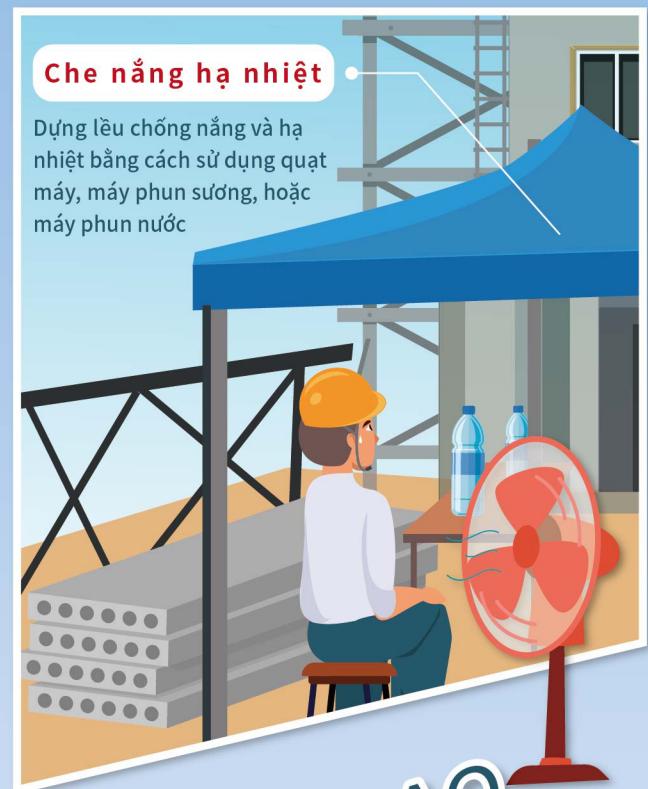
Suhu diluar panas Hati-hati dengan bahaya panas



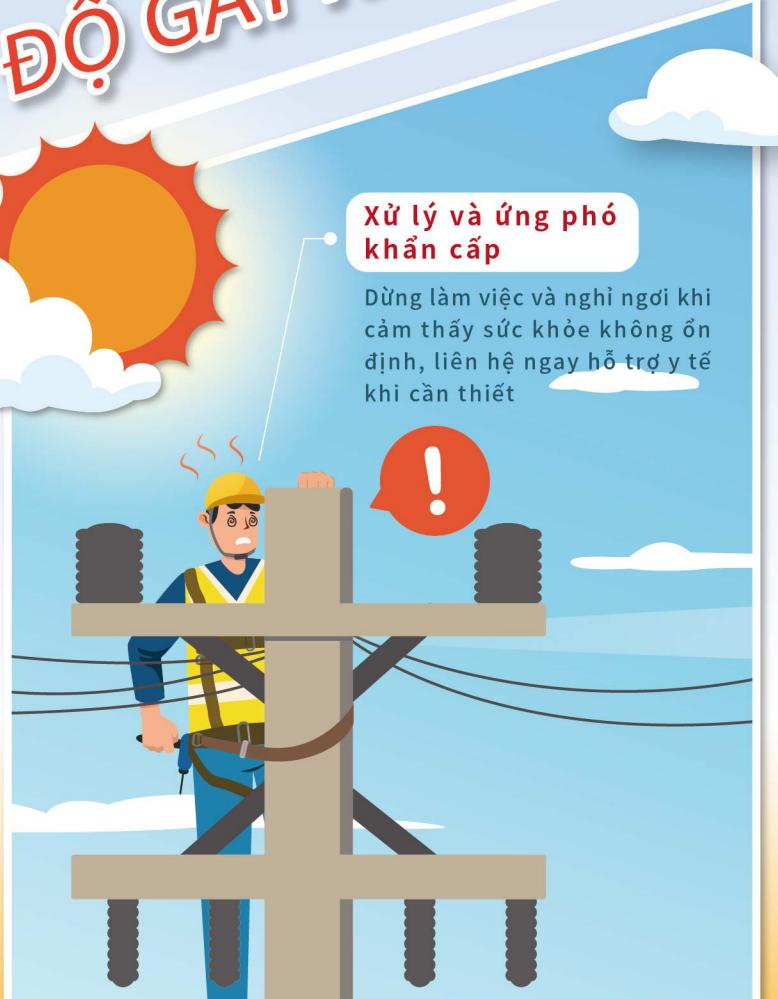
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Peduli denganmu



NHIỆT ĐỘ NGOÀI TRỜI TĂNG CAO CẨN THẬN NHIỆT ĐỘ GÂY NGUY HIỂM



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Quan tâm đến bạn



ระวังอันตรายความร้อนจากอุณหภูมิสูงนอกบ้าน

