

制定救援計劃，預防懸吊創傷

安全帶預防墜地，但懸吊時間過長仍可能致命



開始工作前…

- ✓ 培訓工人了解自我和輔助救援，並提供救援設備。

墮地後應啟動救援計劃…

- ✓ 如果無法立即進行救援，懸吊的工人應透過以下方式保持血液循環：
 - 使用創傷帶或環、個人繩梯，或透過救生繩製成腳環，改用站立位置。
 - 經常「蹬」腳。
- ✓ 致電 911。

留意時間… 如果血液無法保持循環，工人只有很短的時間：



變得頭暈眼花、
噁心或失去知覺



慘受懸吊創傷和死亡

計劃。供應。培訓
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來源：(1.) U.S Department of Labor, Occupational Safety and Health Administration. Orig. 2004, Updated 2011. *Safety and Health Information Bulletin: Suspension Trauma/ Orthostatic Intolerance*. <https://www.osha.gov/dts/shib/shib032404.pdf>. (2.) Weems, B. 2003. *Will Your Safety Harness Kill You?* Information originally published in Occupational Health & Safety Magazine, accessed from eLCOSH: <http://elcosh.org/document/1662/d000568/will-your-safety-harness-kill-you%3F.html>.