

【職安衛宣導】🚶 預防跌倒，從日常做起！👣

【Occupational Safety and Health Promotion】🚶 Preventing Falls Begins with Daily Habits! 👣

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跌倒是日常生活及工作場所最常見的意外之一。

111年職災統計：跌倒事故占職災24%，有1,667人因此喪命！

👉 一個小動作，可能守護你的安全。

✅ 上下樓梯安全守則

- 上下樓梯務必打開照明。
- 握緊扶手、踏穩階梯再行走。
- 禁止手插口袋、奔跑、滑手機、跳躍或跨階行走。
- 遇到濕滑或有障礙物時，應特別小心。

✅ 行走安全守則

- 行走中應避免：滑手機、手插口袋、並行、突然斜行及嬉戲。
- 行經路口：等綠燈，確認左右無來車後再通行。
- 橫越馬路時應走行人穿越道(斑馬線)。
- 注意地面狀況，小心滑倒或絆倒。
- 行經建築物施工區域，應注意可能掉落物品。

✅ 工作場所跌倒預防建議

1. 環境安全

- 維持地面平整，避免凸出物與過度傾斜。
- 使用防滑、防污材質地板。
- 保持通道暢通及足夠寬度，照明充足，必要處設置警告標誌或止滑設施。

2. 環境管理

- 物料整齊堆放，不阻礙通行。
- 隨時保持地面乾燥，避免油污與濕滑。
- 環境變動時，應立即公告或設置明顯警告標示。

3. 人員管理

- 避免在工作場所奔跑或急走。
- 搬運物品時注意步伐穩定及路面狀況，體積與重量不宜過大，以免失去平衡。

4. 工作鞋選擇與檢修

- 在容易滑倒的區域，應穿防滑設計的工作鞋。
- 定期檢查鞋底是否磨耗或破損，必要時更換。
- 避免穿鞋跟過高的鞋子，女性宜選擇鞋跟較粗、有軟墊、包覆性佳的款式，以維持身體平衡。

✳ 小提醒

- 跌倒往往發生在不經意的一瞬間，但後果可能十分嚴重。
- 如於工作場所發生意外事故或職業災害時，應立即通報單位主管及本校環境安全科技中心，以協助後續改善事宜。

👉 請養成良好的行走與上下樓梯習慣，並注意工作場所的安全環境，共同降低跌倒風險。

~環境安全科技中心關心您~

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【Occupational Safety and Health Promotion】Preventing Falls Begins with Daily Habits! 🚶 🚶

Falls are among the most common accidents in daily life and workplaces.

Year 2022 occupational injury statistics reveal that fall-related incidents account for **24%** of occupational injuries, resulting in **1,667** fatalities!

👉 A simple action could safeguard your well-being.

✅ Stairway Safety Guidelines

- Always ensure adequate lighting when ascending or descending stairs.
- Firmly grasp handrails and place your feet securely on each step before proceeding.
- Refrain from placing hands in pockets, running, using mobile phones, jumping, or skipping steps.
- Exercise extra caution when encountering slippery surfaces or obstacles.

✅ Walking Safety Guidelines

- Avoid distractions such as using mobile phones, placing hands in pockets, walking side by side, sudden diagonal movements, or horseplay while walking.
- At intersections, wait for the green light and ensure no vehicles are approaching before crossing.
- Cross roads using pedestrian crosswalks (zebra crossings).
- Be vigilant of ground conditions to prevent slipping or tripping.
- Exercise caution when passing through construction zones due to potential falling objects.

✅ Workplace Fall Prevention Recommendations

1. Environmental Safety

- Maintain even flooring, avoiding protrusions and excessive inclines.
- Utilize flooring materials that are slip-resistant and stain-resistant.
- Ensure passageways are unobstructed and sufficiently wide, well-lit, and equipped with warning signs or anti-slip devices where necessary.

2. Environmental Management

- Organize materials neatly to avoid obstructing walkways.
- Keep floors dry at all times, preventing oil spills and slippery conditions.
- Immediately announce or display conspicuous warning signs when environmental changes occur.

3. Personnel Management

- Avoid running or hurried walking within the workplace.
- When carrying items, maintain stable footing and be mindful of the floor conditions; avoid carrying objects that are excessively large or heavy to prevent loss of balance.

4. Selection and Maintenance of Work Footwear

- Wear slip-resistant work shoes in areas prone to slipping.
- Regularly inspect shoe soles for wear or damage and replace them when necessary.
- Avoid wearing excessively high heels; women are advised to choose shoes with broader heels, cushioned insoles, and good coverage to maintain bodily balance.

🚩 A Gentle Reminder

- Falls often occur in an unguarded moment, yet their consequences can be profoundly severe.
- In the event of an accident or occupational injury at the workplace, promptly report to your supervisor and Yuntech’ s Environmental and Safety Technology Center to facilitate subsequent remedial actions.

👉 Cultivate sound habits in walking and stair usage, and remain vigilant of workplace safety to collectively mitigate the risk of falls.

~The Environmental and Safety Technology Center Cares for You~

公告日期

Date

2025.10.03 ~ 2025.11.28

公告單位

Department

環境安全科技中心--安全衛生組

公告分類

Category

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