

Safe Foreman Award 安全管工獎 2023

- 目的：** 表揚及確認有傑出表現的工地管工
- 參加資格：** 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. 表達對工地安全管理及推廣的意見
 3. 填寫參加表格，於二零二三年三月三十一日前，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
- 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
- 電郵：** 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 the construction workers. The participants should be responsible for implementation and promotion occupational safety on site.
- To participate：**
1. Answer 10 occupational health and safety multiple choices.
 2. Foreman 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 31st March 2023.
 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
- 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
- Email：** 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 (請別出正確答案)

Multiple Choices (Please tick the correct answer)

1) 在移動流動工作平台時，應採取以下哪項措施： While moving the mobile working platform, which of the following measures should be taken:

- a) 不應容許有人在平台上站立，以及將放置平台上的物品移走包括鬆散物料。 Do not allow any person standing on the platform and remove all objects from the platform including loose objects.
- b) 工友須將安全帶扣上圍欄則可。 Workers shall attach the anchorage of their safety harness to the railing.
- c) 繼續在平台上工作，無須理會。 Continue working on the platform

2) 根據職業安全健康局發出的「安全吊重」書籍內容，在吊運前進行試吊工序，可更有效地提升吊運工作的安全性。請問以下哪項並不是書中所提的「3、3、3」試吊程序？ According to the “safe lifting” booklet issued by the Occupational Safety & Health Council, carrying out the trial lifting process before lifting can improve the safety of lifting work more effectively. Which of the following is not the 「3、3、3」 trial lifting process as mentioned in the book?

- a) 所有人員離開吊運範圍「3」米 all workers shall maintain 「3」 meters away from the lifting zone
- b) 吊起負荷物離地「3」百毫米 lift up the load 「3」 00mm from ground
- c) 每日建議在下午「3」點才進行試吊 suggest doing the trial lifting process everyday at 「3」 p.m.

3) 持有A級電力工程牌照的電業工程人員，可處理最高電力需求量不超越： Electricians possessing the license of Grade A Electrical Work can handle electrical work on a:

- a) 400安培(單相或三相)的低壓固定電力裝置的電力工程 low voltage fixed electrical installation not exceeding 400 Amperes (single-phase or 3 phases)
- b) 2500安培(單相或三相)的低壓固定電力裝置的電力工程 low voltage fixed electrical installation not exceeding 2500 Amperes (single-phase or 3 phases)
- c) 1000安培(單相或三相)的低壓固定電力裝置的電力工程 low voltage fixed electrical installation not exceeding 1000 Amperes (single-phase or 3 phases)

4) 使用備有帽帶的安全帽原因是？ What is the purpose of using a chin strap when wearing a safety helmet?

- a) 保持安全帽固定在頭部，尤其是從高處墮下時，以防止其脫落，從而增強對工人頭部的保護 To keep the helmet in place at all time and prevent it from dropping off, thus enhancing the protection against the impact on the workers' head, in particular during a fall from height
- b) 為建築業地盤工友建立更好形象 To display a better image of construction site workers in front of the public
- c) 更方便拿取安全帽 For easy holding of the safety helmet

5) 《建築地盤(安全)規例》內,請問須安排合資格的人每多少天檢驗有工人受雇工作的挖掘工程或泥土工程的每一部分,直至有關的工程完成或放棄進行為止? According to Construction Site (Safety) Regulations, how often shall every part of excavation or earthwork where workmen are employed be examined by a competent person until it is completed?

- a) 每14天至少一次 At least every period of 14 days
- b) 每7天至少一次 At least every period of 7 days
- c) 每9天至少一次 At least every period of 9 days

6) 根據勞工處的對於「體力處理操作指引」,一個人在站立時不應操控多重的物件,否則會增加背部受傷的機會? According to the guideline on manual handling operation, what is the weight of the object that a person shall not handle while standing or it would increase the risk of back injury?

- a) 12千克或以下 12kg or below
- b) 14千克 14kg
- c) 16千克或以上 16kg or above

7) 為什麼工友在操作有轉動部分的機器時,不宜戴棉紗手套? Why shall the worker not wear cotton gloves while operating machinery with rotating parts?

- a) 棉紗手套容易造成皮膚敏感 Wearing cotton glove may cause skin irritation
- b) 棉紗手套會被損壞 Cotton gloves can be easily damaged
- c) 面紗手套容易纏上機器之轉動部分 Cotton glove can be easily entangled by the rotating parts of the machinery

8) 在下列哪一個工作環境內,不得使用石矢槍? Under which of the following environment shall we not use any cartridge-operated fixing tool?

- a. 空氣內的相對濕度高 High relative humidity in the air
- b) 天氣乾燥 Under dry weather
- c) 含有易燃氣體 With flammable gas

9) 以下哪一種機械並不是屬於《工廠及工業經營(負荷物移動機械)條例》內所指的負荷物移動機械? Which of the following are not classified as loadshifting machinery according to the Factories & Industrial Undertaking (Loadshifting Machinery) Regulation?

- a) 叉式起重車 Forklift
- b) 推土車 Bulldozer
- c) 起重機 Crane

10) 使用梯子上落時應注意什麼原則? What principle should be followed when climbing ladders?

- a) 穿著輕便涼鞋及保持兩點接觸 Wear light sandals and maintain two points contact
- b) 必須採用鋁製梯具及保持三點接觸 Must use aluminum ladders and maintain three points contact
- c) 面向梯具及保持三點接觸 Face the ladder and maintain three points contact

安全管工獎

2023

安全管工獎 SAFE FOREMAN AWARD 2023 參加表格 APPLICATION FORM

工友須長期在戶外工作，而因夏天即將來臨可能會增加他們中暑的風險。作為管工的你認為可如何減低或避免工友中暑的機會？（不少於300字）

Workers have to work outdoors for a long time, and the risk of heat stroke may increase due to the approaching summer. What do you think you can do as a foreman to reduce the risk? (Please express your view with not less than 300 words)

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

參加者資料

姓名 (Name) : _____

通訊地址 (Correspondence Address) : _____

聯絡電話 (Contact No.) : _____ 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，於二零二三年三月三十一日前，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 31st March 2023.