

運動場安全注意事項及使用須知

Safety Notice & Directions in Athletic Facilities

1. 身體不適或疲勞時，請停止運動。Rest when feeling unfit or fatigued.
2. 請穿著適當之服裝和球鞋。Wear proper attire.
3. 請使用適當的裝備和器具。Use proper equipment and gears.
4. 運動前請做充分之熱身活動。Do stretching warm ups before exercise.
5. 運動中勿嬉戲打鬧，注意技術動作之正確性。No frolic during exercise and be sure to use correct moves in exercise.
6. 注意運動場之環境安全。Check athletic facilities for safe use.
7. 請勿將車輛等障礙物停放在球場附近。All vehicles should be parked in authorized lot only.
8. 若發生運動傷害請依照「運動傷害處理建議程序」進行處置。Follow standard first-aid procedures if injured (see page below).
9. 申請使用運動場設備，請至體育室登記。Sign up for athletic facilities use at the Physical Education Office.
10. 運動場地如有破損，請通知體育室，電話 03-8632612 或 8632613。Please inform Physical Education Office should there be any damage to athletic facilities.
Telephone no. : 03-8632612 or 8632613

運動意外傷害處理建議程序 Proposed Procedure in Dealing with Sport Accidents

- ◎確認傷者之反應→ 意識不清楚→ 大聲呼救→ 勿移動傷者，確認傷者是否休克或停止呼吸、頸椎是否骨折→ 若發生休克或呼吸停止→ 立即進行CPR程序→ 儘速送醫。Check for conscious→If no response→ Yell for help→ do not move the injured, check if in shock, breathless or any fracture to the cervical vertebra→ if the injured is in shock or has no breath → perform CPR→ send to hospital immediately.
- ◎確認傷者之反應→ 意識清楚→ 勿移動傷者，詢問並確認傷者受傷情形→ 若發生骨折或嚴重傷害，則儘速送醫。Check for conscious→If there is response → do not move the injured, assess injured condition →If there is bone fracture or injury is serious, send to hospital immediately.
- ◎確認傷者之反應→ 意識清楚→ 勿移動傷者，詢問並確認傷者受傷情形→ 若為嚴重之扭傷內出血，則先進行PRICE處理程序→ 儘速送醫。Check for conscious→ If there is response → do not move the injured, assess injured condition →if any serious internal hemorrhage by sprain or contusion→ follow PRICE procedure→ send to hospital immediately.
- ◎確認傷者之反應→ 意識清楚→ 勿移動傷者，詢問並確認傷者受傷情形→ 若僅為輕度扭傷內出血，則進行PRICE之程序。(PRICE為保護、休息、冰敷、加壓、抬高) Check for conscious→ If there is response → do not move the injured, assess injured condition →If mere minor internal hemorrhage→ follow PRICE procedure (Protect, Rest, Ice, Compress, Elevate).

緊急聯絡電話(Emergency Telephone No.):

東華大學緊急電話(Dong Hwa University emergency number): 03-8632119

大門駐衛警(Front gate security): 03-8632402 志學門駐衛警 (Back gate security): 03-8632403 &

體育室 (Athletics Department): 03-8632612 衛生保健組 (Campus infirmary): 03-8632252

警察單位(Fire Brigade, Police): 119 ; 110 慈濟醫院(Buddhist Tzu Chi General Hospital): 03-8561825

門諾醫院(Mennonite Christian Hospital) : 03-8241234

緊急電話報告詞(How to state in emergency call): 我是東華大學 (職稱和姓名)，本校 (哪一個運動場地) 發生意外傷害，有 (幾位) 學生受傷，現在傷勢 (如何)，意識 (是否清醒，有否骨折)，我們已做了 (何種) 處理，請派救護車前來，我們的地址是：壽豐鄉大學路二段一號，我們的聯絡電話是 (電話號碼)，謝謝您。(I am (name) calling from Don Hwa University, there's an accident at (place), there're (how many) students injured in, they're (un)conscious (having fracture), we have processed (how), please send an ambulance over, Our address is : 1, Section 2, University Road, So-Fong County, Hwalien. Thank you.)