



國立勤益科大「111年暑假期間學生安全注意事項」 Notes on NCUT Students' Safety during summer vacation

The summer vacation is coming. Kindly suggest students joining the proper recreational activities, cultivating reading habits, developing optimistic value and continuing to enrich your knowledge and skills. In order to maintain your health and safety, please follow safety requirements and do not go to the dangerous places or engage in activities without any security for avoiding accidents.

暑假將至，請同學從事正當休閒、閱讀習慣，養成正向人生觀，持續充實培養知識技能，為維護同學健康及安全，請落實安全預防工作，切勿涉足不良場所或從事無安全規劃之活動，避免肇生意外事件：

1. Hygiene protocols for COVID-19 防疫安全

1.1. Since COVID pandemic continues to spread, please continue to implement protective measures such as hand hygiene, cough etiquette and wearing masks. Besides, reducing unnecessary movement, avoiding joining activities, gatherings or other crowded places with high risk infection, and actively follow the epidemic prevention measures to maintain health.

1.2. If you tests positive for COVID-19 with an at-home rapid antigen test kit, please follow the regulations of the Central Epidemic Command Center (CECC) immediately:

1.2.1. Have a video or onsite consultation with the doctor designated by the local health center.

1.2.2. After confirmation, please inform school via the Epidemic Prevention Reporting system immediately. The path is from “NCUT Homepage”, “Epidemic Prevention Area” to “Epidemic Prevention Reporting” (<https://cdccellsms.ncut.edu.tw/login?redirect=%2F>). (Please remember to fill in the name of the clinic where the doctor confirmed your situation positive.) So the staff at NCUT can contact you and offer further information and help. For more information about home care management of confirmed COVID-19 cases, please check the website of the Ministry of Health and Welfare

<https://www.cdc.gov.tw/En/Bulletin/Detail/CNGX0wliepWI1G80-8LGGA?typeid=158>

<https://www.cdc.gov.tw/covid19help.html> (This is Chinese version for your reference)

(一) 近日疫情嚴峻，請持續落實手部衛生、咳嗽禮節及佩戴口罩等防護措施，減少不必要移動、活動或集會，避免出入人多擁擠的場所，或高感染傳播風險場域，並主動積極配合各項防疫措施，以維健康。

(二) 倘使用家用快篩檢測陽性者請盡速依照中央流行疫情指揮中心規定：

(1)透過當地衛生單位指定之醫院視訊診療(2)或至住家附近當地衛生單位指定醫療院所由醫師現場評估診療；經確認後請及時於學校防疫專區網頁實施通報，路徑如下：學校首頁-防疫專區-防疫通報系統(居家隔離、確診)，以利校內相關單位啟動應變關懷通報機制(另通報時請填註評估確認診所名稱)。相關居家照護注意事項，可至衛福部網站查詢相關規定 Covid-19 防疫流程整合友善化網頁 ([cdc.gov.tw](https://www.cdc.gov.tw))。

2. Activities Safety 活動安全

2.1. Indoor activities:

When you join indoor activities in the places such as libraries, cinemas, department stores, hypermarkets, KTV, auditoriums assembly halls and so on, you should notice the evacuation routes and emergency aid equipment there. Furthermore, you should familiarize yourself with the use of the relevant fire-fighting equipment like fire extinguishers, escape slings, etc. To avoid the risk, please do not visit the improper places like internet cafés, dance halls, nightclubs, etc.

2.1. Outdoor activities:

Please inform the Campus Security Center as you join the outdoor activities for more than 2 days. When you engage in outdoor activities (such as mountain climbing, camping, river tracing, shoreline field research, etc.), you must pay attention to weather changes, familiarize yourself with the surroundings, make the safety assessment and equipment inspection for preventing unexpected accidents and reduce the risk. Never join the activities in dangerous waters or places without lifeguards. As participating in outdoor activities, you should behave yourself and respect each other, take care of your partners, pay attention to safety, and avoid gender bias or discrimination to hurt, harass and bully others.

(一) 室內活動：

從事室內活動（包含圖書館、電影院、百貨公司賣場、KTV、室內演唱會、室內團體活動等）應瞭解該等場所之逃生路線及逃生設備所在，並熟悉相關消防器材如滅火器、緩降機等使用方式，**避免出入網咖、舞廳、夜店等複雜場所，以免肇生危安問題。**

(二) 戶外活動：

參加2日以上戶外活動營隊請通報校安中心管制。從事戶外活動時（如登山、露營、溯溪、水岸田野調查研究等），須注意天候變化及熟悉地形環境，做好安全評估、裝備檢查，**「多一分準備，少一分遺憾」**，以預防突發性意外事件，減少意外事件發生；**不要去危險水域或無救生人員的地方進行活動**；從事戶外活動應相互禮讓及尊重，照顧同伴，注意安全，避免性別偏見或歧視甚而衍生傷害、性騷擾及霸凌事件。

3. Work safety 工讀安全：

To have a part-time job during the summer vacation, please follow the principles and rules:

- * Make sure the company you work is legal.
- * Doubt if the job requirements are unreasonable.
- * Inform your close friends when you go to a job interview.
- * Don't pay for any unreasonable purpose.
- * Don't purchase anything which was required unreasonably by company.
- * Don't sign the contract which wasn't read carefully.
- * Don't give your ID to the company and let them keep your ID for long time.
- * Don't work illegally.
- * Don't drink or eat any unknown food.
- * Don't apply for any credit cards which were required by company.

If you are cheated or fall into the employment traps by mistake to lose your rights, you may call the local labor bureau and ask for help.

暑假期間打工，請遵循三要準備、七不原則——「要確定、要存疑、要告知」、「不繳錢、不購買、不簽約、證件不離身、不非法工作、不飲用、不辦卡」，如果發生受騙或誤入求職陷阱，致勞動權益受損，可撥打當地勞工局電話，請求專人協助救濟權利。

4. Traffic safety 交通安全：

According to the statistics of the Campus Security Center of the Ministry of Education, off-campus traffic accidents are the main cause of students' accidental casualties. Students may join activities, work part-time and other factors to use the transportation more during the summer vacation; therefore, please notice your safety by motorcycles, electric bicycles, bicycles, etc. Everyone should follow the traffic regulations and keep the speed under the limit. Never have drunk driving, drowsy driving and dangerous driving to keep yourself safe. 根據教育部校安中心的統計，校外交通意外事故為學生意外傷亡的主要原因。暑假期間可能因為參加活動、打工兼職等因素，增加使用交通工具的機率，因此需特別提醒騎乘機車、電動自行車、自行車等一定要注意自身安全，駕駛期間應遵守交通規則，減速慢行，切勿酒後駕車、疲勞及危險駕駛，以策安全。

5. Living Safety 居住安全：

When you turn on the gas water heater or the gas stove, you should pay attention to the air circulation indoors. Never close the doors and windows when you use them. The toxic carbon monoxide might be made due to the enclosed space and the incomplete combustion of gas. As soon as you feel uncomfortable like dizzy, nauseous or drowsy, you should immediately open the window to let air circulate. If you are seriously unwell, firstly please go to an outdoor place with good ventilation, and then call emergency line 119 or ask relatives and friends (school) for help to maintain your own safety. Before going out or to bed, you must check the electricity and make sure to close gas well for safety

使用瓦斯熱水器沐浴及瓦斯爐煮食時，要注意室內空氣流通，使用時切忌將門窗緊閉，易導致因瓦斯燃燒不完全，而肇生一氧化碳中毒事件；有頭昏、噁心、嗜睡等身體不適情況發生，應立即打開通往室外的窗戶通風，若身體嚴重不適時，請先前往通風良好的室外環境，再打119電話或與親友(學校)求助，以維護自身安全。外出及就寢前亦必須檢查用電及瓦斯是否已關閉，以確保安全。

6. Campus security and self safety 校園及人身安全：

There are several construction projects on the campus during the summer vacation. Please do not approach the construction site for your safety. Besides, please mesh with the school's daily schedule and not come to school too early or leave school too late. Furthermore, never go to the blind spots, dark alleys or remote places. If you find any suspicious people, you should immediately notify the teacher or quickly run to a crowded place or the nearest convenience store. Meanwhile, you may yell loudly to attract others' attention for help. On the other hand, you should notice if any unknown people follow you, and bring your personal protective items like whistles, pepper spray, etc., in case you face an emergency.

暑假期間校園有幾處施工工程，請同學勿靠近施工處，以維安全；另請配合學校作息，若要到校請勿太早到校或太晚離開校園，並避免至校園偏僻的死角、漆黑小巷或人煙罕至的地方。若於校內外發現可疑人物，應立即通知師長或快速跑至人潮較多地方或最近便利商店，大聲喊叫吸引其他人的注意，尋求協助；另應留意是否有不明人士跟

蹤尾隨，隨身攜帶個人自保物品如哨子、防狼噴霧劑等，以備不時之需。

7. Drug abuse prevention 藥物濫用防制：

To reduce your awareness, new drugs would be disguised and packaged delicately. Most of the new drugs are mixed drugs, and especially the ingredients contain PMMA would make people die. In addition, the laughing gas (nitrous oxide) may cause damage to the central and peripheral nerves and even paralyze the limbs. The Environmental Protection Administration has included industrial laughing gas in the Poison Control Law. It will hurt the human health if someone takes in too much laughing gas. Please don't rely on drugs to refresh yourself and keep a regular life during the summer vacation. Never take any medicines without doctors' prescriptions. Also refuse to have drug addiction. When you participate in meetings, keep alert and not accept anything and beverages from strangers. Please comply with the law, behave yourself well, and make the right choice to decline peers and others' seduction.

市面上新興毒品具有精美包裝之特徵，易降低施用者對於毒品的警戒性，且多為混合性毒品，尤其當含有 PMMA(強力搖頭丸)成分致死率極高。此外俗稱「吸氣球」的笑氣(一氧化二氮)更會造成中樞及末梢神經損傷，嚴重者可能會肢體癱瘓，另環保署已將工業用笑氣納入毒管法之「關注化學物質」管理，吸食過量將危害人體健康；暑假期間應保持正常及規律生活作息，不依賴藥物提神，非醫師處方藥物不要輕易使用，拒絕成癮物質；參加聚會活動時，務必提高警覺並且不隨意接受陌生人的物品及飲料，守法自律、做正確的選擇才能隔絕受同儕及校外人士引誘。

8. Scam prevention 詐騙防制：

In order not to be scammed, if you receive a suspicious fraud call or encounter frauds, you should remember the 3 steps: "keep calm", "check carefully" and "immediately call the police or call the 165 anti-fraud consulting hotline" for help. Never transmit or remit your money to others unreasonably.

面對層出不窮、手法日益翻新之詐騙犯罪手法，為避免成為歹徒詐財的受害者，如接獲可疑詐騙電話或不慎遇上歹徒意圖詐騙，應切記反詐騙3步驟：「保持冷靜」、「小心查證」、「立即報警或撥打165反詐騙諮詢專線」尋求協助，切勿隨意轉帳或匯款。

9. Crime prevention 犯罪預防：

Do not involve in online gambling and do not engage in illegal activities such as theft, selling illegal CD-ROM software. Moreover, do not commit cybercrimes or invade others' websites to steal or tamper data, etc. Otherwise, you will be punished for your deeds.

勿涉及網路賭博、勿從事違法活動、竊盜、違法販賣光碟軟體、勿電腦網路犯罪或入侵他人網站竊取或篡改資料等，以免觸法。

10. Reporting the accident and contact information 意外事件之通報與聯繫管道：

Should you meet any accidents or need help during the summer vacation, you may contact the Campus Security Center by telephone. The 24-hour service line is 04-23928053. The Campus Security Center wishes you good health and happiness.

暑假期間發生各類意外事件或需協處事項，可運用校安中心專線電話，請求協助。校安中心關心您24小時服務專線04-23928053

Happy Summer Vacation
敬祝~暑假平安快樂