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HKOSHA President's Message

By Mr. Edward CHOW, HKOSHA President (2024-2027)

Dear Members and Sponsors,

Thanks for all your continual support. I am honoured to continue serving my second, and likely final, term as President of HKOSHA.

While writing this message, sad news resulting in injuries and, in some cases, fatalities, continues to reach us with troubling frequency. As safety practitioners, we feel sorrow when such incidents occur, not only because of the immediate harm to those involved, but also because of the significant and lasting impact on families, workplaces, and society as a whole.

Looking at the fatality trend, it is disheartening to see that we still appear trapped in a viscous cycle of around 20 industrial fatalities each year. I still remember the question once raised by the CIC Chairman after each accident: "Where is the safety personnel?" That question remains a difficult but important reminder of the responsibility we all share.

I do not claim to have a magic formula to predict or prevent every injury or fatality. However, I firmly believe in one thing: "Whatever you do, **work at it with all your heart**, as working for the Lord, not for human masters" (Colossians 3:23). If we can all adopt this mindset in our daily work, I have confident we can reduce, and perhaps one day eliminate, these industrial tragedies.

New Executive Council

Turning to our Association. I am very encouraged by many new faces joining our Executive Council (EC) this term. Their fresh perspectives, new insights and energies bring renewed momentum and help to rejuvenate oldies like me. And this year, we have also invited several Fellows and Professional Members to serve as Co-opted Members. With this strengthened team, I have full confidence that HKOSHA will continue to make fruitful contribution to our members and the community.

Focus on Occupational Health

Occupational health is also becoming increasingly important, especially in light of recent cases of sudden deaths at work. I am therefore very glad that this term's EC includes several health professionals who could contribute lots of concrete and practical health advice, as well as professional insight to our members and sponsors.



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HKOSHA Visions

Some of you might still remember my “5 wishes” during my previous term of service, and I would like to make them as HKOSHA’s vision. Let me recap here:

- Mutual exchange and sharing of OSH experience both locally and internationally;
- Cooperation with other institutions to do good for the OSH field and the community as a whole;
- Initiating coaching programs to nurture new and young safety practitioners;
- Expansion of membership and sponsorship of HKOSHA, and
- Addressing OSH issues professionally.

During our previous term, we have made progress in some of these areas, though not all definitely. This term, one of our key priorities would be focused on nurturing new and young safety practitioners. I hope we can do more, and do it better, in the years ahead.

Our 50th Anniversary is Coming !

Last but not least, next year will mark HKOSHA’s 50th Anniversary. To celebrate this Golden Jubilee, we would establish a special committee to plan and coordinate commemorative activities. Please stay tuned to our news !

Best and Be Safe,

Edward

職安健訓練課程 OSH Training Programmes



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職業安全健康局
OCCUPATIONAL SAFETY & HEALTH COUNCIL

守牢安全底線 賦能應急現代化 — 廣東省應急管理安全日展覽會觀後感

作者：阮偉傑先生（香港職業安全衛生協會執行委員會增選委員）

今年6月適逢是全國第25個「安全生產月」，我有幸與學會的梁偉光教授博士及林友興先生等專家一同參加在廣州廣交會展館舉辦的廣東省應急管理安全日展覽會。是次活動以「人人講安全 個個會應急 - 排查整治風險隱患」為主題，集科普宣講、裝備展示、互動體驗及實戰演練於一體，全面展現廣東在應急管理體系與能力現代化建設的最新成果。

展覽現場展出多項先進應急裝備，包括四足機器狗、水下救援偵測機器人、複合翼無人機、智能消防機器人及生命探測儀等，充分體現科技在應急救援中的應用潛力。這些裝備結合AI視覺、聲光探測、智能感知技術，可於複雜災害場景中迅速完成偵察、搜救及排險等任務，令人深切感受到科技賦能對提升應急救援效率與安全水平的重要作用。

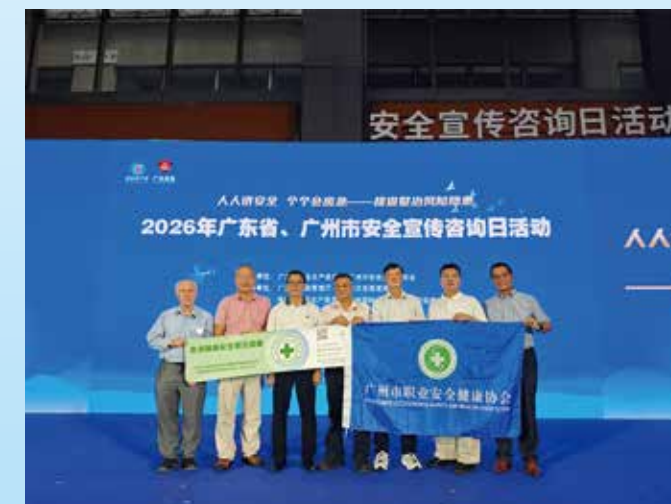
互動體驗區同樣令人印象深刻。虛擬實境(Virtual Reality)火災逃生、心肺復甦實操、海姆立克急救及應急繩結製作等項目，讓參加者以沉浸式方式掌握自救互救技能，打破了傳統安全宣教「紙上談兵」的局限，由「知識灌輸」轉化為「實際體驗」。特別值得一提的是，現場有珠海企業展示無人機可將消防水提升至100米高空，並對準高層建築噴水或投放滅火介質，為高層火災救援提供了創新思路。

此外，多家企業亦展示結合 虛擬實境及3D技術的安全培訓方案，透過模擬工業及工地常見風險場景，提升使用者對事故風險的認知與防範能力。現場亦展示了防汛快艇、水面救生機器人、可漂浮救生擔架及救援浮板等裝備，反映應急管理已逐步向更智能、更專業及更多元的方向發展。部分消防救援頭盔更配備攝像及生命體徵監測功能，有助即時掌握前線救援人員的安全與健康情況。

開幕期間，安全生產網紅「黃磊講安全」示範急救及穿戴個人防護裝備直播。這亦提醒我們，安全監管工作不應只著眼於事後處置，更應聚焦事前預防，以隱患排查整治為抓手，將風險化解於萌芽狀態。科技手段的引入，正可為安全治理提供更高效、更精準及更智慧的支撐。同時，正如安全日的口號所言，安全工作離不開全民參與，只有推動“人人講安全、個個會應急”成為社會共識，才能築牢最堅實的防線。

是次觀展讓我深切感受到，職業安全健康行業正處於重要發展階段。未來若能持續強化科技賦能，積極引入智能監測及數字化監管技術，將有助提升安全隱患排查的精準度與應急響應智慧化效率水平。同時，亦應持續推動沉浸式應急演練及安全知識進企業、進社區、進一線，進一步提升全員應急自救互救能力。配合健全多方協同機制，加強與應急、消防及企業之間的聯動，必能為構建更堅實的安全防線奠定基礎。

最後非常高興能藉此機會與廣州市職業安全健康協會和澳門建築安全協會互動交流。



與廣州市職業安全健康協會黃秘書長合照



珠海複合翼滅火無人機



水上救援無人機



虛擬VR 3D安全緊急應變和生產隱患訓練系統



與澳門建築安全協會，廣州市職業安全健康協會晚宴

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Safety Visit

“An Appreciation Visti to Distant Tower Crane”

Mr. Dennis GAO of Hip Hing Construction Company Ltd. gave a presentation during the visit to Caroline Hill Road, District Court Site Office on 11 April 2026 with a total of 14 participants. Special thanks to Mr. Dennis GAO and Mr. Martin HO for sharing their paper below on the captioned visit.

Author: Mr. Martin HO, Hip Hing Construction Company, Ltd.

Hip Hing Construction's Distant Tower Crane Command System is a groundbreaking innovation that addresses the challenges faced by tower crane operators in Hong Kong. Traditionally, operators work long hours in narrow cabins at the top of cranes, climbs of dozens of meters daily and enduring harsh conditions. With an ageing workforce and fewer young workers entering the profession, the industry faces sustainability concerns.



Our system relocates control cabins to the ground, eliminating the need for climbing and significantly enhancing safety and operator well-being. Equipped with high-definition cameras and real-time data dashboards, operators gain full visibility and control from a safe and comfortable environment. Advanced technologies, including LiDAR for automated navigation, AI-enabled danger zone detection, anti-collision systems, and lifting wire health monitoring, further set new safety standards for construction.

Since its launch in 2024, the system has been deployed in two major projects, accumulating over 3,000 safe operation hours. By providing a safe and comfortable working environment, attracts younger talent, and provides upskilling opportunities for existing operators.

With a focus on sustainability, reusability, and clean energy, the Distant Tower Crane Command System is paving the way for a smarter, safer, and more sustainable future for the construction industry.

安全參觀：「遙控塔式起重機系統」

本次安全參觀於2026年4月11日在加路連山道區域法院工地辦公室舉行，共有14位參加者。活動期間，協興建築有限公司高超程丰先生進行了專題講解。我們謹此衷心感謝高超程丰先生及何志強先生就相關主題所作的寶貴分享。

作者：協興建築有限公司 何志強先生

協興建築的遙控塔式起重機指揮系統是一項突破性的創新，旨在應對香港塔式起重機操作員長期面臨的挑戰。傳統操作模式下，操作員需長時間在高空狹窄的駕駛艙內工作長達12小時，每天需攀爬數十米，極易受惡劣天氣影響。隨著從業員老齡化及新血不足，行業正面臨可持續性發展的挑戰。

該系統將操作駕駛艙設置於地面，全面消除攀爬的需求，大幅提升工作安全性及改善操作員的工作環境。系統配備多組高清攝像頭及實時數據儀表板，使操作員能在安全舒適的環境中掌握全面視野及精準控制。系統融合多項先進技術包括“LiDAR”自動導航、人工智能危險區域檢測、防碰撞系統以及吊索健康監測，為工地安全及運作效率樹立新標準。

自2024年推出以來，該系統已應用於兩個主要項目，累積超過3,000小時的安全操作記錄。期望透過改善安全及工作環境，吸引更多年輕人才加入，同時為現有操作員提供技能提升機會。

在可持續發展、複使用及清潔能源的核心理念下，該正引領建造業邁向更智能、更安全、及更可持續的未來。

Key Features 主要特點

- Enhanced Safety:** Eliminate the hazard of working at height for the tower crane operator.
提升安全性：消除天枰操作員高空工作的需要及相關風險。
- Improved Operator Well-Being:** Provides a safer, more comfortable working environment for operators.
改善操作員福祉：為操作員提供更安全及更舒適的工作環境。
- Increased Efficiency:** Reduces the idling time of the tower crane and enhances the productivity
提高效率：減少塔吊閒置時間，提升生產力。
- Attracts Younger Talent:** Offers a vibrant, safe, and supportive workspace designed to help the next generation of talent thrive.
吸引青年精英：建構現代化、高安全性的工作環境，以提升企業對青年精英的吸引力。
- Upskilling Opportunities:** Facilitates skill development for existing operators, supporting long-term employability.
技能提升機會：促進現有操作員技能提升，支持長遠職業發展。
- Future-Ready Technology:** Establishes foundation for automation and digitalized construction practices.
面向未來的技術：為建造業自動化及數字化發展奠定基礎。



Representatives of the HKOSHA presented a "Souvenir of Thanks" to Mr. Martin HO and Mr. Dennis GAO of Hip Hing Construction Company Ltd.



Group Photo of Participants with Mr. Martin HO and Mr. Dennis GAO of Hip Hing Construction Company Ltd.

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救人先求自保：職場急救中的職安健智慧

作者：楊漢宗先生，資深急救學講師，退休民安隊長官

在建造業或高風險工作環境中，很多工友雖然考取了急救證書，但面對真實意外時往往會因為「怕弄傷傷者」、「怕負法律責任」或「怕現場環境危險」而猶豫不決。這篇文章的核心是因應圍繞：「先求自保，再救他人」。只有當急救者感到安全和有信心時，救援才能有效地進行。

打破「救人之難」的心理關口

在建造業現場，我們常聽見工友說：「我有急救牌，但我唔敢救。」這種恐懼往往來自於對未知環境和法律責任的擔憂，裹足不前而延誤施救。然而，急救的本質不僅是醫療行為，更是一項風險管理。作為急救員，首要的任務不是「拼命」，而是「安全地施救」。

實施「安全地施救」有以下的注意點：

一、急救前的職安健風險評估：D-R-A-B-C 的第一步。

- 在急救流程 D-R-A-B-C 中，「D」(Danger，危險評估)是實踐職安健理念的核心。
- 評估現場環境：在建造業工地，施救前必須觀察上方是否有吊運物品、四周環境會否有漏電危險、空氣是否流通(如在密閉空間內)。



- 不作冒險救援：常記職安健金科玉律——「不要讓自己成為第二個傷者」。若環境不安全，應先通知專業救援隊伍(如消防處)並疏散人群，而非盲目衝入險境。
- 「R」是在確定傷者當時是否清醒或已失去知覺。如果是已經失去知覺便立即按照「A-B-C」流程檢查傷者的氣道是否因為失去知覺引致舌頭後垂阻塞氣道，從而令傷者失去呼吸及無血液循環。



檢查傷者的氣道是否阻塞



打開氣道

二、個人防護裝備(PPE)是自身的盾牌。

很多工友擔心會接觸到血液或體液。在工作間施救時，必須善用急救箱內的防護工具：

- 一次性手套：預防血液傳染病(如乙型肝炎、愛滋病)。



接觸血液時戴手套

- 人工呼吸防護面罩(Pocket Mask)：避免與傷者直接用口對口接觸。
- 反光衣與安全帽：在混亂的工地現場，確保其他機器操作員能清楚看見正在施救的你。



三、法律與心理的強心針：什麼是「合理」施救？

- 工友最怕「救唔返要負責」的嚴重壓力。
- 合理關懷標準：法律上通常會衡量的是施救者是否根據所受訓的水平作出了合理的判斷。
- 程序勝於結果：只要施救者按照急救課程所學的程序(如先求救、維持呼吸道暢通、按壓止血)，縱然結果不如預期，施救者已履行了職安健法例下「負責人」的角色。
- 團隊協作：鼓勵工友不要單打獨鬥。需要找人維持秩序、引領救護車，團隊施救能有效減低個人的心理壓力。

四、結語：急救是職業安全的重要環節。

急救證書不只是一張紙，它是對同工的一份守護。當我們將「職安健意識」融入急救過程，救人就不再是一件令人恐懼的事，而是一項專業有意義且安全的行動。施行急救的重點不只是「做得對」，更要「做得穩、做得周全」。冷靜指派任務、維護傷患隱私與尊嚴、清楚交接資訊，並在事後關顧自己與團隊的心理狀態，才能讓急救行動做到真正的圓滿。掌握「安全、判斷、技術、溝通、交接」這五環節能讓分秒必爭的情況下更沉穩、有效地提供協助。



實用建議

- 定期檢查急救箱：確保手套沒有過期脆化(老化至易破爛)。
- 模擬演練：在工地早會(Toolbox Talk)中加入簡單的急救演練，使同工們增加急救流程的熟悉感，操作時更為暢順。
- 溝通為要：施救時大聲呼喊口令，既能提醒旁人注意安全，也能穩定自己的情緒。

後記

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我作為醫院管理局前高級經理(職安健及員工健康)，以下是從職安健角度整理的建議及急救注意事項，對每位受過訓練的急救員(施救者)都將有幫助，重點是同時避免施救者(員工)受傷和傷者(病人)進一步創傷。

急救原則

- 先確保現場安全，再施救。
- 先救命，後救傷，優先處理窒息、大量出血、休克、意識不清等危急情況。
- 除非現場有即時危險，否則不要隨便移動傷病者，以免加重傷勢，尤其要懷疑脊椎受傷時更要小心。
- 盡快召援及安排送院，嚴重受傷應立即送院治理。

參考：The American Red Cross (2026). <https://www.redcross.org/take-a-class/first-aid/performing-first-aid/first-aid-steps>
勞工處(2020年)急救指南。勞工處職業安全及健康部。
職業安全健康局(2012年)。電子及通訊業安全健康通訊第48期。
衛生署(2012年修訂版)。急救常識。衛生防護中心。

急救時的職安健要點

1. 保護施救員工(受過訓練的急救員/施救者)

- 施救前先評估危害，例如血液、體液、銳器、化學品、電力或火警等風險。
- 佩戴適當個人防護裝備，例如手套、口罩、護目鏡，避免接觸感染源或受傷。
- 如有需要，先切斷電源、移除危險物或隔離現場，再開始急救。
- 施救時避免倉促搬動、拉扯或徒手處理銳利物件，以減少針刺、割傷和肌肉骨骼損傷。
- 在進行急救或心肺復甦術時，應保護背部，並保持最佳姿勢以防止背部受傷。



2. 減少病人(受傷者)創傷

- 動作要輕、穩、慢，檢查和處理時避免突然翻動或粗暴按壓。
- 有出血時先直接止血，再視情況固定和包紮；必要時讓傷病者平躺並保持安靜。
- 若懷疑骨折、頭部傷、胸傷或脊椎傷，應減少移動，並用適當方法固定。
- 不要強行餵食或餵水給昏迷、半昏迷或呼吸不穩的傷病者，以免窒息。

3. 常見禁忌

- 不要在未確認安全前接近或處理傷者。
- 不要用拍打、搖晃方式喚醒昏迷者。
- 不要自行刺破水泡、撕除黏附傷口的衣物，亦不要隨意處理疑似深層創傷。
- 不要在未受訓練下作出高風險操作，如不熟悉的搬運、插管或進階復甦處理。

4. 工作場所安排

- 工作地點應備有合規急救箱/急救櫃，並保持物資齊備及狀態良好。
- 需要有已受訓的急救員，並清楚標示急救箱位置、報告流程和緊急聯絡方法。
- 定期提供急救員複訓課程。
- 用後要處理風險：清理污染物、棄置銳器、補充急救物資並作事故記錄。
- 建議定期演練常見情境，例如跌倒、出血、燙傷、電擊、窒息和化學品洩漏。

急救口訣

- 先安全，後接觸。
- 先生命，後肢體。
- 少搬動，多觀察。
- 先止血，再包紮。
- 有疑似脊椎傷，盡量不移動。

Safety Visit to Fanling North New Development Area Phase 1: Fanling Bypass Eastern Section (Shek Wu San Tsuen North to Lung Yeuk Tau)

Author: Mr. CHU Chun Wah, HKOSHA Professional Member

A technical visit was arranged on 8 November 2025 with the aim to learn about the safety and health aspects associated with the construction of a cycle track cum footbridge over Lung Yeuk Tau Interchange. This cycle track cum footbridge is part of the contract which covers the construction of a 2-kilometre dual two-lane Fanling Bypass Eastern Section from Shek Wu San Tsuen North to Lung Yeuk Tau, including viaducts, at-grade roads, and underpasses. The project also includes the Lung Yeuk Tau Interchange linking to Sha Tau Kok Road – Lung Yeuk Tau, footbridges over the Ng Tung River and the Lung Yeuk Tau Interchange, a sewage pumping station nearby, and the reprovisioning of On Lok Mun Street Playground, a public toilet, and a refuse collection point. Additional works involve road junction improvements in North District, ground investigation, geotechnical monitoring, slope and retaining walls, drainage, sewerage, waterworks, noise barriers, traffic control systems, electrical, mechanical, and landscaping works.

On day of visit, we received warm receive from the project management team in the conference room of the Community Liaison Centre at Fanling. An in-depth elaboration of the scope of the project, with the difficulties encountered at different construction phases, was made by the Project Manager and the team members. Thereafter, a site tour was conducted to the cycle track cum footbridge at Lung Yeuk Tau Interchange. The project team explained the advantages of using ultra-high-strength S960 steel and the challenges of its welding process. Aside from the technicalities of the construction method, the management of safety and health on the worksite was shared with the construction team, especially with the project safety personnel.

All in all, the technical visit was fruitful for the participants, who were introduced to the new technologies for the construction of a project comprising many infrastructures.



HKOSHA NEWS

Current Members

As of end Jun 2026, there are 430 members in HKOSHA.

The following membership applications were approved in May 2026

Membership Upgraded

Name	Grade of Membership
CHEUNG Tsz Tun	Professional Member (Safety)
WONG Siu Fung	Fellow



■ Kai Tak Sports Park



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