

山嶺活動安全你要識!

Play Safe in Mountain Activities - Tips to Know



山嶺活動注意事項
Safety Hints on
Mountain Activities



識自救(救人自救)
Self-help
and Help Others



識逃生(疏散逃生)
Escape
and Evacuate



香港消防處
Hong Kong Fire Services Department

做足準備

Get Well Prepared



預先計劃路線 Plan the Route in Advance

宜選有管理和明確路標的山徑而行。
Always choose a maintained path with clear directional signs.

留意天氣變化 Pay Attention to Weather Changes

預早作好安排，必要時改變計劃或取消活動。
Always stay prepared. Change your plan or cancel the trip when necessary.



穿着合適衣服 Wear Appropriate Clothing

裝束應輕便，宜穿淺色長袖衫和長褲，以及可保護足踝的膠底遠足鞋，鞋底應有凹凸紋，並戴上合適帽子遮擋陽光。
Wear light clothing, preferably light-coloured and long-sleeved shirts, and long trousers. Put on ankle boots with corrugated rubber soles for ankle protection and suitable headgear to block the sun.

攜帶充足裝備 Bring Adequate Gear

除足夠食物和水外，應攜帶地圖、指南針、全球衛星定位導航裝置、電筒、雨具、急救包、哨子、流動電話及備用電池。
Pack enough food and drinking water for your trip, and bring along a map, a compass, a Global Positioning System (GPS) navigation device, a torch, rain gear, a first-aid kit, a whistle, your mobile phone and spare batteries.



萬勿冒險 Don't Take Risks



- 切勿獨自遠足，最好結伴同行，互相照應。
Never go hiking alone. Always have company for mutual support.
- 留意警告牌，切勿嘗試前往高危地點。
Watch for hazard warning signs. Don't venture into high risk areas.
- 切勿亂闖山澗、站近崖邊或攀爬峭壁，以免發生意外。
Don't venture into streams, stay near cliff edges or climb steep slopes to avoid accidents.
- 切勿亂抄捷徑、亂闖密林或另闢繞路，以免迷路。
Don't take shortcuts, venture into dense woodland or take an off-trail detour to avoid getting lost.

迷途怎辦？

What to Do When Getting Lost



找出所處位置 Locate Yourself

保持冷靜，利用指南針、地圖或全球衛星定位導航裝置，設法**找出所處位置**。設法回憶所經過的路，嘗試經原路折返；若不能這樣做，則**留在原地等候救援**。切勿繼續前進，這樣只會消耗體力及增加救援難度。

Keep calm and **locate yourself** with a compass, a map or a GPS navigation device. Try to recall the routes you have covered and retrace your steps back. If it is not possible, **stay put and await rescue**. Do not proceed further as it may consume your energy and increase the difficulties in rescue.



致電求助 Call for Help

立即致電999或國際求救電話號碼112求助，並**盡量提供所處位置的資料**，例如遠足徑附近標距柱的號碼、全球衛星定位位置，以及附近的主要地標等。

Dial 999 or 112, the international emergency call number, for help immediately. **Provide as much information about your location as possible**, such as the number on the nearest distance post of the hiking trail, your GPS location, major landmarks nearby, etc.



發出求救訊號 Send Distress Signals

利用哨子、電筒或燈光等**發出國際山嶺遇難訊號或摩斯電碼求救訊號**。前者是一分鐘內發出六次訊號，然後每隔一分鐘重複這個步驟。後者則是依次發出三短、三長、三短的訊號。

Send the International Mountain Distress Signals or the Morse Code Distress Signals using a whistle, a torch, lights, etc. The former is to give a signal six times within a minute and then repeat in the same manner after one-minute pause. The latter is to give three short signals, followed by three long and three short ones.

