

# 國立中央大學 113 年暑假期間學生活動安全注意事項

暑假期間，為維護學生健康及安全，學校就下列事項加強提醒安全預防工作，以避免同學涉足不良場所或從事無安全規劃之工作，肇生意外事件。

## 一、活動安全

- (一) 室內活動：首先應選擇安全無疑慮之場所並熟悉逃生路線及逃生設備。其次，同學應避免涉足不正當場所，以免產生人身安全問題。
- (二) 戶外活動：尤其山域、水域的活動，應做好風險評估與安全管理，應做好充分準備，審慎評估
  - 1. 登山者應充分鍛鍊體能，積極準備事前工作，組成安全性高的隊伍結構，做好充分準備之後再出發。
  - 2. 從事水域活動例如在游泳池、開放水域游泳或戲水，應注意「防溺 10 招」及正確救人之「救溺 5 步」。
- (三) 預防熱傷害：熱傷害因程度輕重不同傳統上分為熱衰竭、熱痙攣及中暑，嚴重者可導致中暑及多重器官衰竭，其死亡率極高，但其為一可預防之疾病，若平日能瞭解熱傷害之成因並加以預防，必可避免不幸事件之發生。熱傷害之預防主要為針對其成因，並熟悉降溫措施：
  - 1. 溫度溼度高時儘量避免在室外逗留或運動，適時調整休息時間及飲水量，勿飲用含糖、含咖啡因或酒精成分之飲料，反而造成利尿缺水之情形。
  - 2. 夏天在戶外穿著較寬鬆透氣、色淺易排汗之衣物，戴寬邊帽或撐陽傘隔絕太陽之輻射熱。
  - 3. 對熱傷害患者治療最主要之原則為迅速降溫，
- (四) 系科宿營及營隊活動：辦理社團及系所宿營或營隊等相關活動時，應要求參與同學注意言行舉止，避免性別偏見或性別歧視，進而引起疑似校園性侵害、性騷擾或性霸凌之事件的發生。

## 二、工讀安全

同學打工可參考勞動部「職場高手秘笈」勞動權益教育宣導手冊，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。

- (一) 三要準備—「要確定、要存疑、要告知」
- (二) 七不原則—「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」

## 三、交通安全

教育部校安中心的統計顯示，校外交通意外事故為學生意外傷亡的首要因素。暑假期間騎乘交通工具的機率高，因此特需提醒同學騎乘機車注意安全，切勿酒後或無照駕駛，並遵守各項交通規則，以策安全。

## (一) 請切實遵守交通安全5大守則

1. 熟悉路權、遵守法規。
2. 我看得見您，您看得見我，交通才會安全。
3. 謹守安全空間--不作沒有絕對安全把握的交通行為。
4. 利他用路觀--不作妨礙他人安全與方便的交通行為。
5. 防衛兼顧的安全用路行為-不作事故的製造者，也不成為無辜的事故受害者。

## (二) 騎車（自行車、機車及電動車）安全

1. 請配戴專用安全帽，行進間勿以手持方式使用行動電話，
2. 勿無照騎車、勿任意變換車道、路口禮讓行人、禁止飆車。
3. 勿將機車借給無適當駕照的人。
4. 行駛時，不得爭先、爭道、並競駛或以其他危險方式駕駛。
5. 大型車轉彎半徑大並有視覺死角，避免過於靠近行駛於大型車前或併行。

## (三) 行人道路安全

1. 穿越道路時請遵守交通號誌指示或警察之指揮。
2. 不任意穿越車道、闖紅燈，不任意跨越護欄及安全島，不侵犯車輛通行的路權。
3. 穿著亮色及有反光的衣服、在安全路口通過道路、預留充足的時間。
4. 勿與沒耐性的駕駛人搶道。

## 四、居住安全

### (一) 居家防火、用電安全

遇火災時切勿慌張，應大聲呼叫、通知周邊人員自身所在位置，並進行安全避難，切勿躲在衣櫥或床鋪下等不易發現場所。

### (二) 賃居安全

1. 使用瓦斯熱水器沐浴及瓦斯爐煮食時，要注意室內及走廊空氣流通，使用時切忌將門窗緊閉，或晾曬之衣物阻擋換氣通風窗口，易導致因瓦斯燃燒不完全，而肇生一氧化碳中毒事件。
2. 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，以維護學生自身安全。
3. 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。

## 五、校園及人身安全

- (一) 要有安全意識及被害預防觀念教育，暑假期間參加社團活動或做實驗時，勿單獨太早到校或太晚離校，亦避免單獨留在教室；請務必結伴同行，或由家人陪同，避免單獨到校園偏僻的死角，確保自身安全。絕不單獨行經漆黑小巷或人煙罕至的地方及進出危險場所。
- (二) 若於校內外遭遇陌生人或發現可疑人物，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。夜間

返回租屋處尤須注意門戶安全及可疑份子；另行經偏僻昏暗巷道時，應小心不明人士跟蹤尾隨，並隨身攜帶個人自保物品如防狼噴霧劑、哨子等，以備不時之需。

## 六、藥物濫用防制

- (一) 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。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。
- (二) 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。
- (三) 倘若不幸誤觸毒品，請與學校師長聯繫尋求協助，學校與家人的鼓勵與支持是最好的後盾，協助走出對毒品的依賴性。
- (四) 為防杜藥頭危害校園安全，請學校師長多加留意關心，另提供情資協助檢警循線查緝，打擊校園及社區藥物濫用情形，以營造「健康校園」。

## 七、詐騙防制

- (一) 勿點選不明簡訊網址，避免手機中毒被當成跳板而四處散發簡訊，使歹徒有機可乘。建立安全使用智慧型手機的觀念，於使用網路聊天 APP(如 Line) 時，請慎防及提高警覺，切勿洩漏帳號與密碼，被歹徒盜用後進行詐騙成為詐騙受害者。
- (二) 歹徒常利用小額付費機制進行詐騙，多一分謹慎就多一分保障，建議同學可向電信公司申請關閉手機小額付費功能，並且切勿代收簡訊。
- (三) 為避免成為歹徒以電話假綁架或假事故（交通意外、疾病住院）行真詐財的受害者，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。
- (四) 應善用通訊軟體的安全設定，以降低被盜用機率；另學生或其家屬接到親友使用通訊軟體傳訊息借錢時，應當面或電話與對方聯絡，未確認真偽以前不可貿然匯款，以免上當。

## 八、網路賭博防制

避免因網路誘惑而落入陷阱或衍生其他偏差行為，勿接觸有害身心之網路內容，若有涉及網路賭博情事，應尋求學校師長或家長協助。

## 九、犯罪預防

- (一) 切勿從事違法活動：如飆車、竊盜、販賣違法光碟軟體、參加犯罪組織活動或從事性交易（援交）、非法散布謠言影響公共安寧、違法上傳不當影片、入侵他人網站竊取或篡改資料等，並請同學提昇網路使用認知素養，

尊重個人隱私權益，以免誤蹈法網。

(二) 遊戲用槍防制：近年來市面上遊戲用槍購得容易，若使用不當易造成傷害，勿任意把玩或購買遊戲用槍商品。

## 十、宣導資訊素養與倫理教育

近年來由於過度沉迷於玩手機遊戲所引發的病症也逐漸增多，特別是對肩頸、手腕與眼睛的傷害，請同學應多從事戶外活動或多元休閒，避免過度依賴3C產品，養成健康上網好習慣。

### 參考資料及網址

- 1.中央流行疫情指揮中心：<https://www.cdc.gov.tw>
- 2.學生水域運動安全網：<http://www.sports.url.tw/index.html>。
- 3.勞動部官網：<https://www.mol.gov.tw>
- 4.青年發展署「RICH 職場體驗網」：<https://rich.yda.gov.tw>
- 5.交通部道安委員會「168交通安全入口網站」：<https://168.motc.gov.tw/>
- 6.內政部消防署網站：  
<https://www.nfa.gov.tw/cht/index.php?code=list&ids=301>
- 7.居家用電安全-台灣電力公司(電力生活館)網站：  
[https://www.taipower.com.tw/tc/news\\_noclassify.aspx?mid=323](https://www.taipower.com.tw/tc/news_noclassify.aspx?mid=323)
- 8.教育部防制學生藥物濫用資源網站 (<http://enc.moe.edu.tw/>)。
- 9.毒品危害：各縣市家庭教育中心（諮詢專線：412-8185）
- 10.毒品危害防制中心(戒毒免費專線電話：0800-770-885)。
- 11.「165全民防騙」網站公告資訊網址：  
<http://www.165.gov.tw/index.aspx>
- 12.[衛生福利部國民健康署-不可忽視熱傷害 \(hpa.gov.tw\)](http://www.hpa.gov.tw)

### 本校緊急事件連絡電話

校安中心：03-2805666 / 0911-949-630 / 03-4227151#57212；

駐警隊：03-4227151 # 57119、57110；

學生宿舍：0919-019-564(男) / 0919-019-964(女)

**National Central University (NCU)**  
**113s Safety Precautions for Student Activities during**  
**Summer Vacation**

During the summer vacation, in order to maintain the health and safety of students, the school will strengthen the following reminders of safety precautions to prevent students from getting involved in undesirable places or engaging in work without safety planning, which may lead to accidents:

**I. Activity safety**

- (a) Indoor activities: First of all, students should choose a safe place and familiarize themselves with the escape routes and equipment. Secondly, students should avoid going to improper places to avoid personal safety problems.
- (b) Outdoor activities: Especially for activities in mountainous areas and waters, risk assessment and safety management should be done properly, and students should be well-prepared and carefully evaluated.
  1. Mountaineers should fully exercise their physical fitness, actively prepare for the work beforehand, form a team structure with high security, and make full preparations before setting out.
  2. When engaging in water activities such as swimming in swimming pools or open water, they should pay attention to the “10 Steps to Prevent Drowning” and the “5 Steps to Rescue Drowning”.
- (c) Prevention of heat-related injuries: Heat-related injuries

are traditionally categorized into heat exhaustion, heat cramps and heat stroke, depending on the severity of the illness. In severe cases, they can lead to heat stroke and multiple organ failure, which has a high mortality rate, but is a preventable disease. The prevention of thermal injuries mainly focuses on the causes and familiarization with cooling measures.

1. Avoid staying outdoors or exercising when the temperature and humidity are high. Adjust rest time and water intake in a timely manner, and do not drink beverages containing sugar, caffeine, or alcohol, which can cause diuresis and dehydration.
  2. Wear loose, breathable, light-colored, easy-to-sweat clothing outdoors in the summer, and wear a wide-brimmed hat or umbrella to insulate yourself from the sun's radiant heat.
  3. The main principle of treatment for patients with thermal injuries is rapid cooling.
- (d) Departmental camps and camp activities: When organizing social groups and departmental camps or camps, students should be asked to pay attention to their speech and behavior to avoid sexual prejudice or discrimination, which may lead to suspected campus sexual assault, sexual harassment, or sexual bullying.

## **II. Safety at work**

Students who work can refer to the Ministry of Labor's "Secrets of Workplace Masters" labor rights education handbook. If they are cheated or mistakenly fall into the trap of job hunting, resulting in damage to their labor

rights and interests, they can call the local labor bureau and ask for professional assistance to save their rights.

- (1) Three Preparations - “Be Sure, Be Suspicious, Be Informed”.
- (b) The Seven No's - “Don't pay, don't buy, don't sign, don't leave your documents, don't work illegally, don't drink, and don't apply for a card.

### **III. Transportation safety:**

Statistics from the Ministry of Education's Center for School Safety show that traffic accidents outside of school are the leading cause of accidents and deaths among students. During the summer vacation, students are reminded to ride safely, not to drink or drive without a license, and to obey all traffic rules for safety.

- (1) Please observe the 5 rules of traffic safety.
  1. Familiarize yourself with the right of way and obey the rules and regulations.
  2. Traffic will be safe only when I can see you and you can see me.
  3. Observe safe space - do not engage in traffic behaviors that are not absolutely safe.
  4. Use the road in an altruistic manner - do not engage in traffic behaviors that impede the safety and convenience of others.
  5. Safe use of the road for both prevention and defense - not to be the cause of accidents or an innocent victim of accidents.
- (B) Riding a bicycle (bicycle, motorcycle, or scooter) safely
  1. Wear a helmet and do not use a hand-held cell phone

while traveling.

2. Do not ride without a license, do not change lanes at will, yield to pedestrians at intersections, and prohibit speeding.
3. Do not lend your motorcycle to anyone without a proper driver's license.
4. When driving, do not race ahead of others, compete for lanes, race to the front, or drive in other dangerous ways.
5. Avoid driving too close to large vehicles or merging with them as they have a large turning radius and a visual dead zone.

#### (C) Pedestrian Safety

1. Obey traffic signals or police instructions when crossing the road.
2. Do not cross lanes, run red lights, cross guardrails and safety islands, or infringe on the right of way of vehicles.
3. Wear brightly colored and reflective clothing, cross the road at safe intersections, and allow plenty of time.
4. Do not jostle with impatient drivers.

#### IV. **Residential safety:**

(a) Home fire prevention and electricity safety: Do not panic in case of fire, call out loudly, notify people around you of your location, and take safe refuge, do not hide in closets or under beds and other places that are not easy to find.

(ii) Leasing safety:

1. When using a gas water heater for bathing or a gas stove for cooking, pay attention to the air circulation in the room and corridors. Do not close doors and windows tightly when using the gas heater, or block the ventilation



window by drying clothes, as this may lead to carbon monoxide poisoning due to incomplete combustion of the gas.

2. If you feel unwell, such as dizziness, nausea, drowsiness, etc., you should immediately open the window to the outside to ventilate the room. If you feel seriously unwell, please go to a well-ventilated outdoor environment before calling 119 or asking for help from your relatives or friends (at school) in order to safeguard your own safety.
3. Before going out and going to bed, students should check whether the electricity and gas are turned off to ensure safety.

v. **Campus and Personal Safety**

- (a) To educate students on safety awareness and victimization prevention, when participating in club activities or doing experiments during the summer vacation, do not arrive at school too early or leave school too late, and avoid staying alone in the classroom; always travel with a companion or be accompanied by a family member, and avoid going to remote dead ends of the campus alone to ensure your own safety. Never walk alone through dark alleys or unpopulated places and enter or leave dangerous places.
- (b) If you encounter strangers or find suspicious people inside or outside the school, you should immediately inform your teacher or run quickly to a crowded place or the nearest convenience store and shout loudly to attract other people's attention and seek help. When returning

to your rented apartment at night, you should pay particular attention to the security of the door and suspicious persons. When passing through remote and dark alleys, you should be careful of unknown persons following you, and carry personal protection items such as anti-wolf sprays, whistles, etc., in case of emergency.

#### vi. **Drug Abuse Prevention**

- (a) Emerging drugs on the market are characterized by exquisite packaging, which tends to lower the vigilance of abusers, and most of them are mixed drugs. In addition, laughing gas (nitrous oxide), commonly known as “balloon inhalation,” can cause damage to central and peripheral nerves, and in severe cases, paralysis of the limbs. In addition, the Environmental Protection Administration (EPA) has included industrial use of laughing gas in the “Chemical Substances of Concern” management of the Poison Control Law, and overdose will jeopardize human health.
- (b) During the summer vacation, you should maintain a normal and regular lifestyle, do not rely on medication to refresh yourself, do not use drugs that are not prescribed by a medical practitioner, and refuse addictive substances. When attending gatherings and activities, you must be vigilant and do not casually accept items and drinks from strangers, so as to be law-abiding, self-disciplined, and to make the right choices in order to prevent yourself from being tempted by your peers and people outside the school.
- (c) If you are unfortunate enough to be exposed to drugs by

mistake, please contact your school teacher for assistance. The encouragement and support of your school and family members is the best support to help you get rid of your dependence on drugs.

- (d) In order to prevent drug abuse from jeopardizing school safety, teachers and principals are encouraged to pay more attention and provide information to assist the police in investigating and combating drug abuse on campus and in the community, so as to create a “healthy school”.

## **VII. Fraud Prevention**

- (1) Do not click on unknown SMS websites to avoid cell phone poisoning being used as a springboard to spread SMS everywhere, which will give criminals an opportunity to take advantage of the situation. And to establish the concept of safe use of smartphones, please be cautious and vigilant when using Internet chatting APPs (such as Line), and do not leak your account number and password, which can be stolen and used by criminals to commit fraud and become a victim of fraud.
- (2) Criminals often use the micro-payment mechanism to carry out frauds. Students are advised to apply to the telecommunication company to disable the micro-payment function of their cell phones and not to receive SMS messages on their behalf.
- (c) To avoid becoming a victim of fraudulent kidnapping or fake incidents (traffic accidents, hospitalization), students should remember the 3 steps of anti-fraud: “stay calm”, “check the evidence carefully”, “report to the police

immediately or call the 165 Anti-fraud Hotline” for assistance.

- (d) Students should make good use of the security settings of communication software to reduce the chance of being stolen. In addition, when students or their family members receive messages from relatives or friends using communication software to borrow money, they should contact the other party in person or by phone, and should not remit money hastily without confirming the authenticity of the message, so as to avoid being deceived.

### **VIII. Prevention of Internet Gambling**

Avoid falling into traps or engaging in other deviant behaviors due to Internet temptations. Do not access Internet content that is harmful to your body and mind, and if you are involved in Internet gambling, you should seek assistance from your school teachers or parents.

### **IX. Crime Prevention**

- (1) Do not engage in illegal activities such as car racing, theft, selling illegal CD-ROM software, joining criminal organizations or engaging in sex trade (compensated dating), spreading illegal rumors that affect public peace, illegally uploading inappropriate videos, hacking into other people's websites and stealing or tampering with data, etc. Students are urged to raise their awareness of Internet use and respect their privacy rights to avoid falling into the net of justice.
- (b) Game guns: In recent years, game guns are easy to buy

on the market, but if they are used improperly, they can easily cause injuries, so don't play with or buy game guns at will.

## **X. Promote information literacy and ethics education**

In recent years, there has been a gradual increase in the number of illnesses caused by over-indulgence in playing cell phone games, especially to the neck, shoulders, wrists and eyes. Students should engage in more outdoor activities or diversified leisure activities, avoid over-reliance on 3C products, and develop a healthy habit of surfing the Internet.

### **References and websites**

1. Central Epidemic Command Center:  
<https://www.cdc.gov.tw>
2. Student Water Sports Safety Website:  
<http://www.sports.url.tw/index.html>.
3. Official website of the Ministry of Labor:  
<https://www.mol.gov.tw>
4. "RICH Workplace Experience Website" of Youth Development Department: <https://rich.yda.gov.tw>
5. Ministry of Transportation and Communications (MOTC) Road Safety Council "168 Traffic Safety Portal":  
<https://168.motc.gov.tw/>
6. Ministry of the Interior, Fire Department website:  
<https://www.nfa.gov.tw/cht/index.php?code=list&ids=301>
7. Home Electricity Safety - Taiwan Power Company (Electricity Living Center) website:

[https://www.taipower.com.tw/tc/news\\_noclassify.aspx?mid=323](https://www.taipower.com.tw/tc/news_noclassify.aspx?mid=323)

8. Ministry of Education's Drug Abuse Prevention Resources for Students: <http://enc.moe.edu.tw/>)
9. Drug Hazards: Family Education Centers in counties and cities (Consultation Line: 412-8185)
10. Drug Hazard Prevention and Control Centers (Drug rehabilitation toll-free hotline: 0800-770-885).
11. "165 All People Against Deception" website announcement information site:  
<http://www.165.gov.tw/index.aspx>
12. Ministry of Health and Welfare, National Health Service - Do Not Neglect Thermal Injuries ([hpa.gov.tw](http://hpa.gov.tw))

### **School Safety Center**

03-2805666 0911-949630

03-4227151 ext:57212;

### **Campus Police**

03-4227151 ext:57119, 57110;

### **Student Dormitory**

Male 0919-019564

Female 0919-019964

Best regards,

The Office of Student Affairs