

# 急救常識

First Aid Made Easy



衛生署  
Department of Health

鳴謝 Acknowledgement:





衛生署鳴謝醫療輔助隊和香港急症科醫學院為製作本冊子提供專業意見。

本刊物為市民處理日常家居或以外的急救事故時提供有用參考。

有興趣報讀急救課程人士可考慮聯絡香港聖約翰救護機構或香港紅十字會，詳情請參閱

<http://www.stjohn.org.hk> 及 <http://www.redcross.org.hk>

## 重要提示

### 自身安全

先確定現場環境安全，才進行急救程序。

### 及早求救

若傷病者不省人事或情況嚴重，立即致電 999 求助。

The Department of Health would like to thank the Auxiliary Medical Service and Hong Kong College of Emergency Medicine

for providing professional advice in the preparation of this booklet.

This publication is intended for members of the public who may encounter incidents at home or otherwise which require first-aid treatment.

For structured first aid training, please consider to contact Hong Kong St. John Ambulance or Hong Kong Red Cross. Information is available online at <http://www.stjohn.org.hk> and <http://www.redcross.org.hk>

## Important Notes

### Personal Safety

Ensure that the scene of incident is safe before administering first aid treatment.

### Call For Help Immediately

If the patient becomes unconscious or suffers from severe injury, dial 999 for help.

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## 急救的定義

# Definition of First Aid



**按醫學護理的原則進行的緊急救治**  
**An emergency treatment based on medical and nursing principles.**

當遇到意外或急病發生時，施救者可利用現場合用的物資，即時適當地協助傷病者減低遭受更嚴重創傷的機會，然後安排把傷病者從速送院治理。

In case of an accident or an acute disease attack, the rescuer administers immediate support to the casualty by using suitable materials at the scene to reduce the risk of further injury to the body before sending to hospital for further treatment.



# 基本急救物品

## Basic First Aid Items

1. 酒精棉（急救前用以消毒雙手）
  2. 紗布繃帶 / 彈性繃帶（包紮傷口，亦可在出血傷口上加壓止血）
  3. 三角巾（包紮傷處，承托傷肢或固定骨折處）
  4. 圓頭剪刀（剪開膠布 / 繃帶 / 衣物）
  5. 消毒藥水（消毒及清洗傷口）
  6. 敷料包（包紮傷口）
  7. 消毒紗布（覆蓋傷口）
  8. 消毒膠布（處理面積較少的傷口）
  9. 膠布（固定敷料）
1. Alcohol cotton tissue (sterilize both hands before the first aid treatment)
  2. Roller bandage (gauze / elastic) (bandage the wound and stop bleeding with pressure applied)
  3. Triangular bandage (support injured limbs)
  4. Round-ended scissors (cut adhesive tape / bandage / clothing)
  5. Disinfectant (for wound dressing)
  6. Sterile dressing pad (bandaging the wound)
  7. Sterile gauze (cover the wound)
  8. Sterile adhesive bandage (cover small wound)
  9. Plaster (fix the dressing)



# 基本急救物品

## Basic First Aid Items

10. 用後即棄手套（防止施救者受感染）
11. 用後即棄口罩（防止施救者受感染外，亦可避免傷者濺血往施救者口鼻）

10. Disposable gloves (prevent the rescuer from cross-infection)
11. Disposable facemask (prevent the rescuer from cross-infection and prevent the patient's blood from splashing on the rescuer's nose and mouth)





家居、工作間（例如工場）或進行戶外活動時，可視乎需要，配備其他急救物品，如

- 無菌換症包（消毒棉花球、紗布和敷料鉗）
- 袋裝面罩 或 即棄吹氣護罩（防人工呼吸時受感染）
- 鋁展性夾板（固定傷肢）

（重要提示：除有醫生的處方外，切勿隨便給傷病者服用任何藥物）

Equip with other first aid items as appropriate for the household, workplace and outdoor activities:

- Sterile dressing set (sterile cotton balls, guaze and dressing forceps)
- Pocket mask or face shield (prevent cross-infection when mouth-to-mouth resuscitation is performed)
- Structural aluminium malleable splint (immobilise injured limbs)

*(Important Notes: Apart from the doctor's prescription, the rescuer should not give any drug to the casualty to take.)*



# 意外事故

## Accident



### 目標：

- 注意安全
- 保持鎮定
- 大聲呼救

### Purpose:

- Ensure safety
- Keep calm
- Call for help

### 處理方法：

1. 留意自身的安全  
評估現場環境，有否潛在危險。



2. 保持鎮定及呼救  
保持冷靜，同時要高聲呼救或致電求援，口訊要簡潔清楚。

### Treatment:

1. Ensure your personal safety.  
Inspect the scene carefully and check whether there is any potential danger.
2. Keep calm and call for help. Call out loud or ask for help using the telephone. The message should be concise and clear.





3. 盡速施行急救

在救護員未到達時，盡速為傷病者施行急救，同時要記錄資料，內容包括傷病者的病歷、已經施予的救治等。



4. 從速送院  
引領救護員  
到達肇事  
現場，並  
把急救資  
料交給到  
場的救護  
員，將傷  
病者從速  
送院。



遇上緊急情況要立即致電999，並按控制室人員指示提供以下資料：

- 地點
- 性質：急性病 / 意外
- 傷者情況：清醒程度、有否呼吸、流血

(重要提示：待對方重複資料，確認正確後方可收線。)

3. Administer first aid treatment promptly. Administer first aid treatment for the patient before the ambulancemen arrive. Make a record which includes the medical history of the patient and the treatment administered.

4. Send the patient to hospital promptly for treatment. Lead the ambulancemen to the scene of incident upon their arrival. Give the record to the ambulancemen. Send the patient to hospital promptly for treatment.

Dial 999 in case of an emergency and provide the following information as you are prompted by the control room officer:

- Location of incident
- Nature: Acute disease / accident
- Condition of the patient: conscious level, whether the casualty has breathing or bleeding.

(Important Note: Verify the information as repeated by the control room officer before hanging up.)



# 創傷及出血

## Trauma and Bleeding



### 目標：

- 止血
- 預防感染

### Purpose:

- Stop bleeding
- Prevent infection

### 原因：

創傷是外力破壞身體組織，可引致血管破裂而出血。

### Reason:

Trauma refers to the damage of body tissues by external force, it can result in rupture of blood vessels and bleeding.

### 擦傷

### 處理方法：

用清水 / 消毒藥水清洗傷口，再用消毒膠布或敷料包紮。

### Abrasion Wound

### Treatment:

Clean the wound with clean water / disinfectant. Then bandage the wound with clean dressing or treat with sterile adhesive bandage.



## 出血傷口

### 處理方法：

1. 安置傷者於恰當位置  
如頭部或上肢受傷，安排傷者坐於地上或椅上；如下肢受傷，安排傷者臥於地上。



## Bleeding Wound

### Treatment:

1. Place the patient in an appropriate location. If the head or upper limbs are injured, arrange the patient to sit on the ground or chair; if the lower limbs are injured, arrange the patient to lie on the ground.



2. 檢查傷口  
留意有否嵌入異物

2. Inspect the wound  
Check whether there is any foreign body on the wound.



# 創傷及出血

## Trauma and Bleeding

3. 減慢傷肢流血速度  
提升出血的傷肢，使其高於心臟。



3. Reduce the bleeding rate of the injured limb  
Elevate the injured limb to a level above the heart.

4. Bandage the wound with pressure applied  
Cover the wound directly with dressing. Bandage the wound with pressure applied. If the dressing is soaked with blood, put more dressing on top and bandage the wound.

4. 壓力止血  
用敷料遮蓋傷口後，以繃帶施壓包紮，如敷料被血液滲透，可在其上再加敷料包紮。



*(Note: The rescuer should first wear disposable gloves to prevent cross-infection resulting from contact with the wound. If gloves are not available at that time, the rescuer may use clean plastic bags and apply pressure on the wound with hands wrapped by the plastic bags. If the situation warrants, the casualty may be asked to cover the wound and apply pressure by himself/herself.)*

(備註：施救者應先戴上用後即棄手套，避免因接觸傷口而受感染。若未配備手套，可利用一個清潔的塑膠袋把敷料和施救者的手相隔。如情況許可，請傷者自行為傷口覆蓋施壓。)



## 嵌入異物

### 處理方法：

在傷口表面的異物（如砂礫、玻璃碎、衣服纖維等），可用清水沖洗，然後按照傷口沒有異物的方法處理。



如傷口有嵌入性異物，用敷料遮蓋嵌入異物旁的傷口，以繃帶包紮。任何被異物嵌入的傷口，均易被細菌感染，應從速送院及接種破傷風疫苗。



## Foreign Body on the Wound

### Treatment:

If there is any loose foreign body on the surface of the wound (e.g. sand, broken glass pieces, textile fibres), rinse away the foreign body with water. Then treat the wound as if there is no foreign body.

If there is embedded foreign body in the wound, cover the part of wound without foreign body with dressing, and then bandage the dressing. Wounds with embedded foreign body are vulnerable to bacteria infection. The patient should be promptly sent to hospital for treatment and tetanus vaccination should be given.



# 創傷及出血

## Trauma and Bleeding

### 頭部創傷

#### 種類：

1. 頭部有輕微外傷，傷者清醒：需止血和包紮傷口。
2. 不論頭部有沒有外傷，如受傷後即時或於48小時內出現任何以下徵狀，應從速送院：
  - 神智不清、語無倫次或部分身體難以控制
  - 昏睡
  - 頭暈
  - 嘔吐
  - 頭痛



### Head Injuries

#### Condition:

1. If there are minor wounds on the head and the patient is conscious, stop the bleeding and dress the wounds.
2. Regardless of presence or absence of wound(s) on the head, send the patient to hospital promptly if he/she develops the following symptom(s) immediately after or within 48 hours of the head injury:
  - Confusion, slurred speech or abnormal body movement
  - Drowsiness
  - Dizziness
  - Vomiting
  - Headache



## 流鼻血

### 原因：

鼻內血管受傷。

### 併發症：

如傷者吞下血液，可致嘔吐；如吸入血液，則會咳嗽甚至窒息。

### 處理方法：

1. 讓傷者坐下，頭微俯，身體微向前傾。
2. 解鬆緊束衣物。
3. 協助傷者將咽喉間的血液吐出。
4. 請傷者用口呼吸，然後捏緊鼻骨之下的柔軟部位。
5. 捏鼻約10分鐘後，如仍未能止血，再捏10分鐘。
6. 在止血後，囑傷者4小時內不要擤鼻涕或挖鼻孔。
7. 如仍未止血，立即送院。



## Nose Bleeding

### Reason:

Injury of the blood vessels inside the nose.

### Complication:

Swallowing of blood may cause vomiting while inhalation of blood may cause coughing or suffocation.

### Treatment:

1. Let the patient sit down with his/her head and body slightly leaning forward.
2. Loosen clothing that is tight.
3. Help the patient spit out any blood lodged in his/her throat.
4. Ask the patient to breathe with his/her mouth. Then forcefully pinch the soft part below his/her nasal bone.
5. If the bleeding continues after the nose is pinched for 10 minutes, continue to pinch the nose for another 10 minutes.
6. Ask the patient not to blow or pick his/her nose within 4 hours after the bleeding stops.
7. If nose bleeding continues, send the patient to hospital immediately.

# 心臟病突發

## Acute Coronary Syndrome



### 目標：

- 即時施救
- 從速送院

### Purpose:

- Immediately administer first aid treatment
- Promptly send the patient to hospital

心臟病是本港常見的疾病，急性病發時死亡率頗高。

Heart diseases are common in Hong Kong and the mortality rate is high at the time of acute attack.

### 徵狀：

病者胸口劇痛、感到鬱悶及有壓迫感，可能呼吸急速，甚至有瀕臨死亡的感覺。

### Symptoms:

The patient suffers from severe chest pain, nausea and tightness of the chest. The patient may breathe rapidly or even feels that he/she is on the verge of death.



## 心絞痛

### 原因：

心臟肌肉缺乏血液供應。多見於冠狀動脈狹窄病患者。

## 急性心肌梗塞

### 原因：

嚴重心肌缺血引致心臟肌肉壞死。

### 處理方法：

1. 讓病者坐下或躺下休息。
2. 協助病者在脷底含服硝酸甘油藥物（俗稱脷底丸）。
3. 致電 999，從速送院。
4. 若病者轉趨心臟停頓，接受過訓練的施救者可用心肺復蘇法和自動體外心臟去纖顫器進行急救。

## Angina

### Reason:

Angina is caused by the lack of blood supply to the heart muscle, and this condition is prevalent among patients with coronary artery stenosis.

## Acute Myocardial Infarction

### Reason:

Severe lack of blood flow to heart muscle resulting in death of heart muscles.

### Treatment:

1. Allow the patient to sit down or lie down to rest.
2. Help the patient to take nitroglycerin under the tongue.
3. Call 999 and promptly send the patient to hospital.
4. If the patient has no heart beat, trained rescuer can perform cardiopulmonary resuscitation (CPR) and use an automatic external defibrillator.



# 異物哽塞

## Choking by Foreign Body



### 目標：

- 取出異物
- 恢復正常呼吸

### Purpose:

- Dislodge the foreign body
- Restore normal breathing

### 原因：

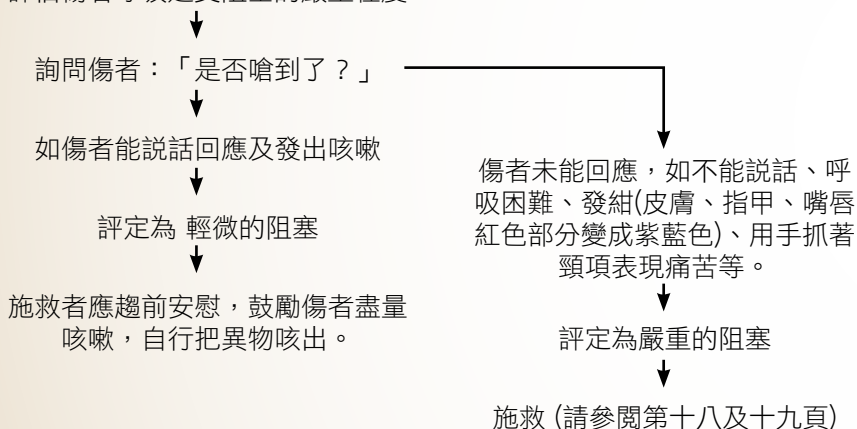
錯吞食物或物件至氣管。

### Reason:

Swallowing of food into the upper airway accidentally.

### 處理方法：

評估傷者呼吸道受阻塞的嚴重程度



## Treatment:

Evaluate the severity of obstruction  
of the breathing airway

↓  
Ask the patient,  
"Are you choking?"

↓  
If the patient is able to speak and  
cough

↓  
Classify as minor choking

↓  
The rescuer should reassure the  
patient and encourage the patient  
to try his/her best to cough out  
the foreign body by himself/  
herself.

↓  
If the patient is not able to respond,  
e.g. the patient is not able to  
speak, has breathing difficulty, has  
developed cyanosis (the skin, nail  
and the part of the lips which was  
originally red have turned purplish  
blue) or uses his/her hands to grip  
the neck and shows signs of pain

↓  
Classify as severe choking

↓  
Provide first aid  
(Please refer to pages 18 &19)



# 異物哽塞

## Choking by Foreign Body

### 嚴重異物哽塞

如傷者仍然清醒，施救者應立即為傷者施行環抱壓腹法：

1. 站在傷者背後，一手握拳，虎口向內，放在傷者腹部（肚臍之上2.5厘米）處，另一隻手握住該拳，迅速向內及向上擠壓。
2. 反覆動作多次，直到傷者吐出阻塞物。
3. 若傷者轉為昏迷，接受過訓練的施救者應施行心肺復蘇法，並從速送院。

（備註：處理兒童哽塞傷者的方法與成人相同）



### Severe Choking by Foreign Body

**If the patient is still conscious, the rescuer should immediately perform abdominal thrust for the patient:**

1. Stand behind the patient with your arms around the abdomen. Clench the fist of one hand. Place the fist on the abdomen (2.5 cm above the navel) with the five fingers curling inwards. Grasp the fist with the other hand. Press the fist against the abdomen with a quick inward and upward thrust.
2. Repeat the action for several times until the patient dislodges the foreign body.
3. If the patient becomes unconscious, trained rescuer should start cardiopulmonary resuscitation and send him/her to hospital for treatment promptly.

*(Note: The treatment for children suffering from choking is the same as that for adults)*

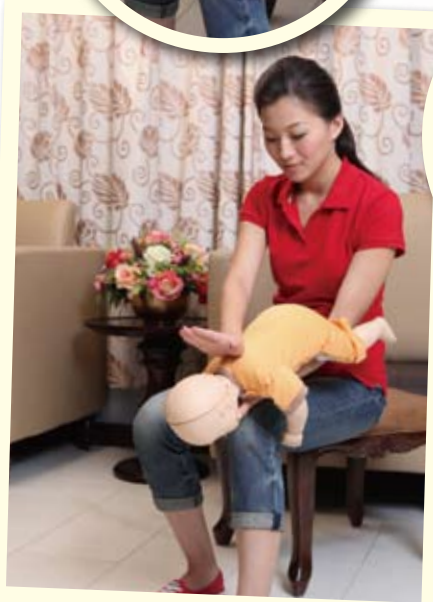


### 如傷者是嬰兒：

1. 用手穩握嬰兒下巴，使其頭部向下，讓嬰兒俯臥在自己的前臂上，並用大腿承托著。用另一掌跟連續拍擊嬰兒的肩胛骨中間5次。
2. 如果不成功，將嬰兒翻轉身，在胸上施以 5 次快速推壓。
3. 反複使用背拍及壓胸法，直至嬰兒吐出阻塞物。
4. 如嬰兒轉為昏迷，接受過訓練的施救者應施行心肺復蘇法，並從速送院。

### For an infant:

1. Firmly grip the infant's lower jaw and keep his/her head down. Lay the infant prone over your forearm and rest on your thigh. Slap the infant slightly between the shoulder blades 5 times with the heel of the other hand.
2. If unsuccessful, turn the infant over, press his/her chest with a quick thrust 5 times.
3. Slap the back of the infant and press the chest with a quick thrust repeatedly until the infant dislodges the foreign body.
4. If the infant becomes unconscious, trained rescuer should start cardiopulmonary resuscitation and send the patient to hospital promptly for treatment.





### 目標：

- 暢通氣道
- 復原臥式

### Purpose:

- Ensure patent airway
- Place the patient in a recovery position.

### 定義：

一個人對周圍的事物完全或部分失去知覺，且對刺激缺乏反應的狀態。

### 處理方法：

1. 解鬆傷病者的緊身衣物，如頸喉鈕。
2. 清除口中異物，如食物、嘔吐物及鬆脫的假牙等。
3. 如呼吸停止，接受過訓練的施救者應即施行人工呼吸；如心臟亦停頓，則立刻施行心肺復蘇法。
4. 徹底檢查身體各部位的損傷，作適當處理。
5. 將傷病者置於復原臥式以暢通氣道。
6. 每數分鐘檢查及記錄傷病者的清醒程度及呼吸狀況，以供醫護人員參考。
7. 保持溫暖。
8. 從速送院。

(備註：切勿給予傷病者飲食。若人手許可，可檢查傷病者有否病歷文件或醫療警示牌。)

### Definition:

A person is considered unconscious if he/she is completely or partially not able to recognise the surrounding environment, or fails to respond to stimulation.

### Treatment:

1. Loosen tight clothing such as the collar button to ensure smooth breathing.
2. Remove foreign bodies such as food, vomitus or loose dentures from the patient's mouth.
3. If the patient is not breathing, a trained rescuer should perform mouth-to-mouth resuscitation immediately; if the patient has no heart beat, perform cardiopulmonary resuscitation (CPR) immediately.
4. Check all body parts carefully for any injuries. Treat the injuries as appropriate.
5. Place the patient in a recovery position to ensure patent airway.

### 復原臥式：

此臥式不適用於骨折傷病者，特別是脊椎受傷。



6. Check the patient's conscious level and breathing condition once every several minutes and make a record for reference by doctors and nurses.
7. Keep the patient warm.
8. Send the patient to hospital promptly.

*(Note: Do not give any food or drink to the patient. If there is sufficient manpower, check whether the patient has brought along a medical history file or medical warning card.)*

### Recovery position:

This recovery position is not suitable for patients with fracture, especially with spinal injuries.



# 中毒

## Poisoning



### 目標：

- 保障個人安全
- 從速送院

### Purpose:

- Safeguard personal safety
- Promptly send the casualty to hospital

### 原因：

毒物可能是任何有味或無味的固體、液體或氣體，即使是少量（中毒的劑量會因該毒物而異）進入人體，亦可能令身體受傷害，甚至死亡。

### Reason:

A poisonous substance can be a toxic substance (whether smelly or not) in solid, liquid or gaseous state. Swallowing or inhalation of small amounts (the exact amount determined by the toxicity of the substance) of poisonous substance into the human body can lead to damage to the body or even death.

## 吞服毒物

大多數物質會於2至4小時內被人體吸收。

## Swallowing of Poisonous Substance

### 處理方法：

1. 保持氣道暢通。切勿為中毒者進行催吐。
2. 按清醒程度，把中毒者置於適當位置。
3. 從速送院，以作適當治療。在運送病人時，應盡可能把病人安置在左側臥位，這位置有助減慢已吞服的毒物被吸收的速度。如有嘔吐物、毒物及懷疑盛載毒物的容器，須一併送院（提取物品者盡可能穿著保護裝備）。

Most of the swallowed substance will be absorbed by the body within 2-4 hours.

### Treatment:

1. Ensure patent airway. Do not induce vomiting in the patient.
2. Place the patient in an appropriate location according to his/her conscious level.
3. Promptly send the patient to hospital for appropriate treatment. During transfer of patient, the left lateral position



## 吸入毒氣

(包括煤氣和石油氣)

吸入毒氣會引至呼吸系統及其他身體系統受損。

### 處理方法：

1. 評估現場環境，在安全情況下，才可進入現場。
2. 開啟窗戶，盡快把中毒者移到空氣清新的地方。
3. 在環境安全及沒有因進行口對口人工呼吸而中毒的危險情況下，如中毒者沒有呼吸，接受過訓練的施救者應立即施行人工呼吸；如沒有脈搏，則施行心肺復蘇法。
4. 盡速送院。

is shown to minimise the absorption of ingested poisons as compared with other positions and should be encouraged. Any vomitus, poisonous substances and containers suspected of containing the poisonous substances should also be taken to hospital. (The officer collecting the poisonous substances should preferably wear protective gear).

## Inhalation of Poisonous Gas

(including LPG and Town Gas)

Inhalation of poisonous gas may damage the respiratory system and other body systems.

### Treatment:

1. Ensure that the scene of incident is safe before entering the scene.
2. Open the windows and promptly move the poisoned patient to a well ventilated place.
3. Providing the environment is safe and there is no risk of intoxication by doing mouth-to-mouth resuscitation, if the patient is not breathing, a trained rescuer should perform mouth-to-mouth resuscitation immediately; if the patient has no pulse, perform cardiopulmonary resuscitation (CPR).
4. Promptly send the patient to hospital.



# 熱急症 (熱衰竭和中暑)

## Heat Emergencies (Heat Exhaustion and Heat Stroke)



### 目標：

- 散熱
- 送院治療

### Purpose:

- Dissipate body heat
- Send the patient to hospital for treatment

### 原因：

在酷熱的環境中，當人體體溫上升時，身體機能會自然地作出一些生理調節來降低體溫，例如增加排汗和呼吸頻率。可是，當環境溫度過高，這些生理調節不能有效地控制體溫時，便會產生熱衰竭或甚至中暑等情況。

### Reason:

The human body can spontaneously regulate the internal temperature within safe limits. When the body temperature increases, responses will be triggered to cool down the body temperature, such as increasing the rate of sweating and breathing. However, when the environment becomes extremely hot and spontaneous responses cannot effectively cool down the body, heat exhaustion or even heat stroke will occur.



## 熱衰竭

徵狀：頭暈、頭痛、噁心、氣促及神志不清等。

### 處理方法：

1. 把患者躺臥在陰涼的地方，適量脫去患者衣服，為其降溫。
2. 若患者身體大量出汗、疲倦軟弱、暈眩等狀況但仍然神志清醒，可每15分鐘飲水半杯（1茶匙鹽：1公升水），約共飲水兩杯。



## Heat Exhaustion

Symptoms: Giddiness, headache, nausea, shortness of breath and mental confusion.

### Treatment:

1. Help the patient to lie down at a cool and shaded place. Take off the clothes as appropriate to cool down the body temperature.
2. If the patient is conscious with the symptom of excessive sweating, tiredness, weakness or dizziness, he/she can be given half cup of water (1 teaspoon of salt : 1 litre of water) for drinking every 15 minutes, accumulating to about two cups in total.



# 熱急症 (熱衰竭和中暑)

## Heat Emergencies (Heat Exhaustion and Heat Stroke)

### 中暑

#### 徵狀：

當體溫升至攝氏40度以上時，患者可能會出現全身痙攣或昏迷等現象。

(備註：若不及時替患者降溫及進行急救，便會有生命危險。)

### Heat Stroke

#### Symptoms:

When the body temperature is over 40°C, the patient may suffer from convulsion or become unconscious.

*(Note: The body temperature must be immediately brought down and first aid should be given, otherwise the patient's life will be in great danger.)*



**處理方法：**

1. 把患者移到陰涼的地方。
2. 降溫：
  - 適量脫去衣服。
  - 用濕毛巾抹病患者全身。
  - 扇涼。
3. 如患者不省人事，將其置於復原臥式(參照第21頁)。
4. 從速送院。

(備註：若患者神志不清，切勿給予任何飲食。即使患者清醒，亦切勿給予熱的或具刺激性的飲料。)

**Treatment:**

1. Move the patient to a cool and shaded place.
2. Reduce the body temperature
  - Take off the clothes as appropriate.
  - Wipe the whole body with a moist towel.
  - Fan the patient to cool off.
3. If the patient is unconscious, put him/her in a recovery position (Please refer to page 21).
4. Send the patient to hospital promptly for treatment.

*(Note: If the patient is unconscious, do not give any food or drink to the patient. Even if the patient is conscious, do not give any hot drink or stimulating drink.)*

# 腦癇及小兒驚風

## Epilepsy and Febrile Convulsion



### 目標：

- 保護患者
- 暢通氣道

### Purpose:

- Protect the patient
- Ensure patent airway

### 原因：

腦癇是腦部發出不正常的電波，引至全身肌肉抽搐。

小兒驚風：一般指半歲至6歲的兒童，因發燒時出現痙攣。

### 徵狀：

喪失意識、手腳僵硬或全身抽搐、牙關緊咬、咬傷舌和唇、身體可能撞傷、雙眼向上翻、口吐白沫及大小便失禁。

### 處理方法：

1. 保護傷病者，避免碰撞跌倒。
2. 把傷病者移離危險品，如熱飲、尖銳物、電器及燃燒物品。

### Reason:

Epilepsy refers to the generation of abnormal waves by the brain, leading to spasm of muscles of the whole body.

Febrile convulsion refers to the situation that children aged from 6 months to 6 years suffer from spasm due to fever.

### Symptoms:

Loss of consciousness, stiffness of hands and legs / spasm of the whole body, locking of jaws, biting of tongue and lips, possible body injury as a result of collision, rolling up of eyes, froth and incontinence

### Treatment:

1. Protect the patient and prevent him/her from falling onto the ground or other objects
2. Move the patient away from any potentially dangerous objects, e.g. hot drinks, sharp or pointed objects, electrical appliances and combustion materials.

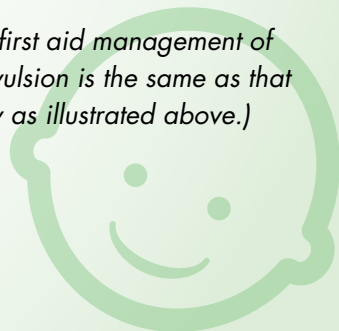
3. 維持傷病者呼吸道通暢，協助其側臥。
  - 除非傷病者置身危險中，否則不要移動傷病者。
  - 不要強行抑制其肢體抽搐及撬開牙關，以免牙齒脫落阻塞呼吸道。
  - 切勿把任何物件塞入傷病者的口內，以免引起窒息。
4. 拿掉傷病者眼鏡、領帶、緊身內衣等，並解開衣領。
5. 搜尋傷病者有否腦癇之飾物或警示牌。
6. 觀察及記錄傷病者腦癇開始的時間和情形。
7. 從速送院。

(備註：處理小兒驚風的方法與成人相同)



3. Ensure that the patient has patent airway and help him/her lie on his/her side.
  - Do not move the patient unless he/she is in danger. Do not try to stop the spasm of limbs by force.
  - Do not pry open locked jaws because dental injury may cause airway obstruction by fallen teeth.
  - Do not put any object into the patient's mouth to avoid suffocation
4. Take away any spectacles, necktie and tight underwear on the body of the patient. Loosen the clothing near the neck
5. Check whether any accessories or warning signs indicating epilepsy condition are attached on the body of the patient.
6. Note the starting time of epilepsy and monitor the situation. Make a record accordingly.
7. Promptly send the patient to hospital for treatment.

(Note: The first aid management of febrile convulsion is the same as that for epilepsy as illustrated above.)



# 燒傷及燙傷

## Burns and Scalds



### 目標：

- 降溫
- 防止感染

### Purpose:

- Cool off the injured part
- Prevent infection.

### 原因：

熱力對人體組織造成的損傷。

燒傷：指因火焰、高溫物件、電流、化學物品、輻射或冷凍而受傷。

燙傷：指因滾油、蒸氣、熱水等而受傷。

### 嚴重程度：

取決於受傷的面積、深度和部位。

### 輕微燒傷 / 燙傷

### 處理方法：

1. 安慰傷病者，避免過度緊張。

### Reason:

Damage of human tissues by heat.

Burn: An injury by flame, hot objects, electricity, chemical materials, radiation or coldness.

Scald: An injury by hot oil, steam or hot water.

### Severity of injury:

Depends on the area and depth of the injured part and the body part getting injured.

### Minor burns/scalds

### Treatment:

1. Reassure the patient to prevent him/her from getting nervous.





2. 沖洗或浸入冷水中，能降溫及減少痛楚。



2. Rinse the injured part with cool water or soak the injured part in cold water to cool off and relieve pain.

3. Remove any accessories near the injured part before it swells.

4. Bandage any wound to avoid infection (send the patient to hospital for further treatment if necessary).

3. 在傷處未出現腫脹時，除去傷處附近飾物。



4. 如有傷口，用敷料遮蓋，避免感染 (如有需要時，將傷者送院治療)。



# 肌肉及骨骼的創傷

## Muscle and Bone Injuries



### 目標：

- 鬆弛肌肉
- 固定傷肢

### Purpose:

- Relax muscles
- Immobilise the injured limb.

## 肌肉抽筋

### 處理方法：

- **手抽筋**

慢慢拉直患者的手，然後輕輕按摩。

## Muscle Cramp

### Treatment:

- **Hand Cramp**

Stretch the fingers slowly and massage gently.



- **大腿抽筋**

1. 將膝部拉直。
2. 一手放在腳跟下，抬高腿部。
3. 另一手按壓大腿，輕輕按摩抽筋的肌肉。

- **Thigh Cramp**

1. Straighten the knee.
2. Lift the leg at the ankle with one hand.
3. Press the other hand on the thigh and massage the cramping muscle gently.

- **小腿抽筋**

1. 小心伸直膝蓋。
2. 輕輕抬起腿部，將腳掌向上屈，慢慢壓向膝蓋方向。
3. 輕輕按摩抽筋的肌肉。



- **Calf Cramp**

1. Straighten the knee carefully.
2. Lift the leg gently. Point toes upwards and push the foot slowly towards the direction of the knee.
3. Massage the cramping muscle gently.

- **Foot Cramp**

1. Stretch the toes.
2. Massage the foot muscles gently.

- **腳抽筋**

1. 將腳趾拉直。
2. 輕輕按摩腳部肌肉。



# 肌肉及骨骼的創傷

## Muscle and Bone Injuries

### 拉傷扭傷

#### 原因：

拉傷 - 肌肉被猛力突然拉動，以致拉破肌膜。

扭傷 - 關節突然過度扭轉，以致韌帶及關節囊撕裂。

**徵狀：**受傷部位疼痛，腫脹、不能活動自如。

#### 處理方法：

1. 讓受傷部位休息，避免繼續活動。
2. 加壓包紮，固定傷肢。
3. 冰敷患處，墊高傷肢，以減輕痛楚及腫脹。

### Strain and Sprain

#### Reason:

Strain - If muscle fibre is suddenly and violently stretched, the muscle fibre may be torn.

Sprain - Sudden and excessive torsion of a joint which leads to tear of ligaments and joint capsule.

**Symptoms:** The injured part becomes painful and swollen, so it cannot be moved freely.

#### Treatment:

1. The injured part should be allowed to rest and any movement of the injured part should be avoided.
2. Immobilise the injured limb by bandaging the injured part with pressure applied.
3. Apply ice on the injured part and elevate the injured limb to ease pain and minimise swelling.



## 骨折

**原因：**骨頭折斷或破裂，通常由外力所致。

**徵狀：**受傷部位無法正常活動，傷處腫起，疼痛會隨活動或觸動而增加。

### 處理方法：

1. 除非現場有危險，否則應避免移動傷病者，以防傷勢惡化。
2. 先處理窒息、出血、休克等致命性症狀，然後才固定骨折。
3. 處理開放性骨折時，在傷處敷上敷料後，才可包紮。
4. 可利用三角巾、夾板或沒受傷的軀／肢體來協助固定骨折。
5. 從速送院。

上肢



下肢

## Fracture

### Reason:

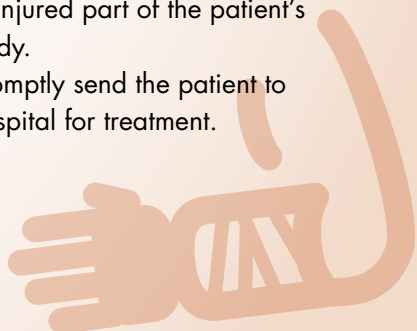
Breakage or fracture of bones which is usually caused by external force.

### Symptom:

The injured part becomes swollen and incapable of normal movement. Pain will be aggravated by movement or touch.

### Treatment:

1. Unless there is immediate danger at the scene, the rescuer should avoid moving the patient to prevent his/her injury from worsening.
2. Serious conditions such as asphyxia, bleeding or shock should be dealt with before management of fracture.
3. For open fractures, place a piece of gauze or dressing over the injured part before bandaging the wound.
4. Support and immobilise the injured site with splints or uninjured part of the patient's body.
5. Promptly send the patient to hospital for treatment.







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或瀏覽中央健康教育組網頁

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2833 0111

or visit the website of the Central Health Education Unit at

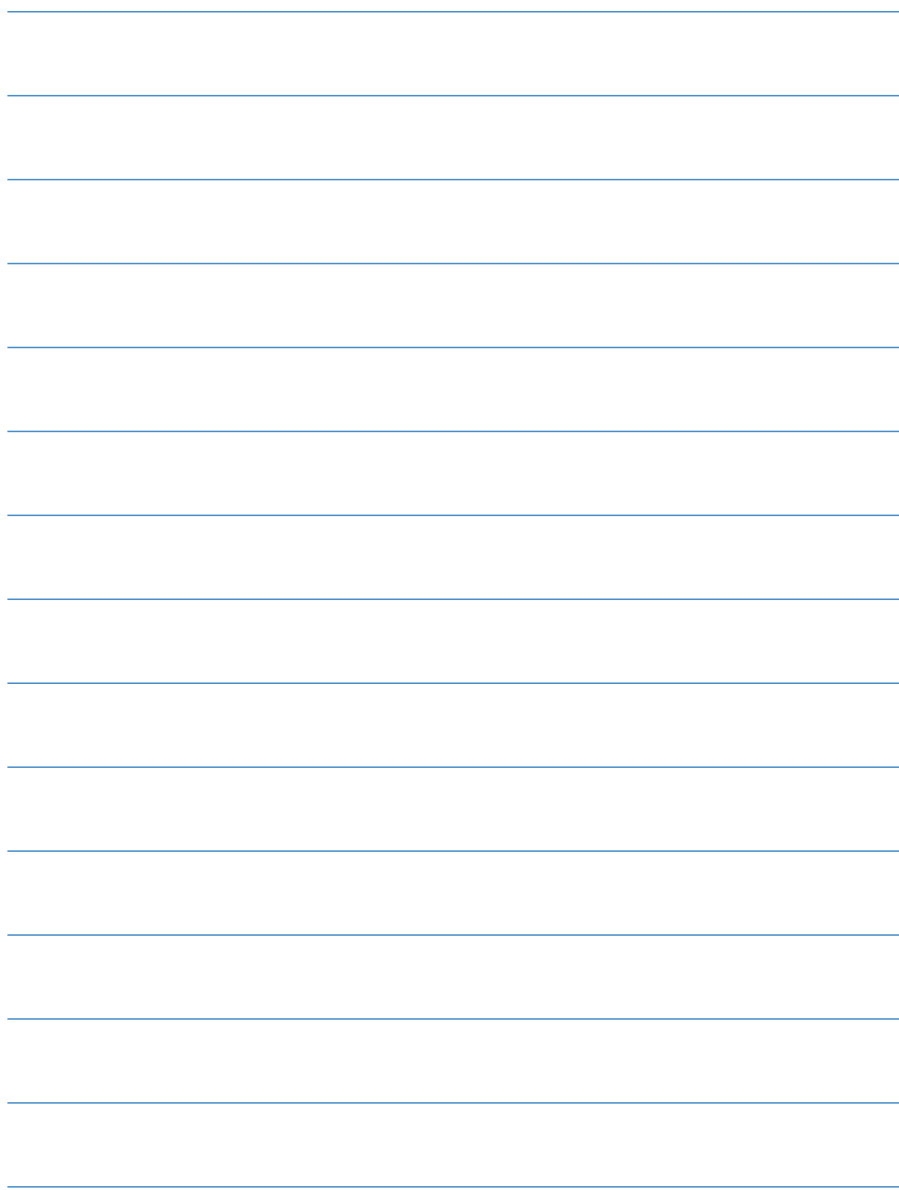
<http://www.cheu.gov.hk>

For more first aid knowledge, please call the 24-hour enquiry hotline  
of the Auxiliary Medical Service

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