

上課及考試安排指引

香港聖約翰救傷會已安排定期清潔所有課室與訓練器材，以確保衛生安全。



所有參與香港聖約翰救傷會課程/考試的人士，須遵守以下之預防措施：

課室/考試場地

1. **個人衛生建議：** 建議有呼吸道感染徵狀（如咳嗽、氣促等）之人士，在場內自備並正確佩戴外科口罩。
2. **健康申報：** 如在課堂或考試期間感到身體不適，應即時通知講師/導師或試場主管。
3. **實習前清潔：** 在進行實習及操作考試前，須按講師/導師或試場主管指示使用 70-80%酒精搓手液清潔雙手，並配合現場之衛生安排。

其他安排

4. **人工呼吸程序：** 進行心肺復甦法（CPR）實習及考試時，學員均須執行「口對口人工呼吸」步驟。為保障個人衛生，期間必須使用口面防護膜；學員於上課實習時須自備防護膜，而進行考試時，本會將為每位考生免費提供一塊。
5. **廢物處理：** 所有棄置之口罩或手套，請務必放置於指定的有蓋垃圾桶內。

多謝合作！

如有疑問，請致電 2530 8020-24 與救傷會職員聯絡。

香港聖約翰救傷會

2026 年 6 月 1 日

Guidelines for Training and Examination Arrangements

Hong Kong St John Ambulance Association has arranged regular cleaning and disinfection of all classrooms and training equipment to maintain a hygienic environment.

All participants of courses and examinations are required to observe the following guidelines:

Classrooms / Examination Premises

1. **Personal Hygiene:** Individuals with respiratory symptoms (e.g., coughing, shortness of breath) are advised to bring and wear a surgical mask properly while on the premises.
2. **Health Reporting:** If you feel unwell during a lesson or examination, please inform the lecturer/instructor or invigilator immediately.
3. **Hand Hygiene for Practical:** Before practical sessions or examinations, participants must sanitize their hands with 70-80% alcohol-based hand rub as directed and follow all onsite hygiene protocols.

Other Arrangements

4. **Rescue Breath Procedure:** candidates are required to perform "mouth-to-mouth resuscitation" during both CPR practical sessions and examinations. To ensure personal hygiene, the use of a face shield is mandatory throughout. Candidates are requested to bring their own face shields for practical classes, while the Association will provide one complimentary face shield to each candidate during the examination.
5. **Waste Disposal:** All used masks and gloves must be disposed of in the lidded rubbish bins provided.

Thank you for your cooperation. For enquiries, please contact the Association staff at 2530 8020-24.

Hong Kong St John Ambulance Association

1 June 2026