

姓名 Name:

日期 Date:

AIWA：環境改造車衣工人培訓
AIWA: Ergonomic Training for Garment Workers

下列每題請圈出一個答案：

Please circle ONE answer for each question:

1. 若你感到痛楚，麻痺，刺痛，腫脹或發熱應怎樣做？

What should you do when you feel pain, numbness, tingling, swelling, or heat?

- a. 繼續工作
Keep working.
- b. 飲些水
Drink some water.
- c. 提高你的肘部
Raise your elbows higher.
- d. 採取行動
Take action.

2. 與工作有關的受傷是怎樣引起的呢？

What causes work-related injuries?

- a. 支持著背部
Supporting your back.
- b. 工作的位置不自然
Working in an awkward position.
- c. 休息兩分鐘
Taking two ten-minute breaks.
- d. 手臂與工作面保持平衡
Keeping your arms parallel to the work surface.

3. 下列那樣儀器對健康最為重要？

What is the most important equipment for your health?

- a. 風扇
A fan.
- b. 頭盔
A helmet.
- c. 良好的椅子
A good chair.
- d. 拖鞋
Slippers.

4. 怎樣會引致背部受傷？

What can cause back injuries?

- a. 保持雙腳平踏
Keeping your feet level.
- b. 頭部只彎少許
Bending your head only slightly.
- c. 保持手腕平直
Keeping your wrist straight.
- d. 扭轉及彎曲去採取衣料或工具
Twisting and bending to reach for fabric or tools.

5. 那項儀器會防止與工作有關的受傷？

Which equipment prevents work-related injuries?

- a. 盛物小盒
A storage box
- b. 護肘
An elbow pad.
- c. 好看的鞋子
Good looking shoes
- d. 拖鞋
Slippers.

環境改造車衣工人培訓

AIWA: Ergonomic Training for Garment Workers

Answers:

1. D, 2. B, 3. C, 4. D, 5. A