

社區為本的安全計劃 COMMUNITY BASED SAFETY PROGRAMS

預防火警

西貢區防火委員會一直致力透過多元化活動，向區內居民推廣防火的意識，例如每年定期舉辦的大廈防火宣傳活動、學校防火宣傳活動、清明節及重陽節防火宣傳活動、西貢區優質樓宇管理比賽、消防安全大使訓練課程、植樹護林行動及各種參觀消防局、滅火輪、消防訓練學校的活動等。

FIRE PREVENTION

Sai Kung District Fire Safety Committee has always been committed to enhancing residents' fire prevention awareness via diversified activities such as annual promotional campaigns on fire prevention for buildings, schools and during the Ching Ming and Chung Yang Festivals, the Sai Kung District Quality Building Management Competition, regular training courses for Fire Safety Ambassadors, Tree Planting & Forest Protection Campaigns, and visits for the Fire Stations, Fire Extinguisher Vessel and Fire Services Training School.



預防罪案

西貢區撲滅罪行委員會一直透過多元化活動，與警方、區內學校、青少年服務機構及社區團體等合作，宣揚滅罪信息。2005至2008年期間，主要舉辦的活動項目包括齊滅罪全攻略、村屋巡邏攻略、風鈴行動及伙伴行動、滅罪嘉年華、海上巡遊、「反偷新丁」反青少年盜竊校園巡禮、「Teen Teen」滅罪義工計劃、「偷走你的前途」防止青少年盜竊活動等。總參與人數多達157,000人。



CRIME PREVENTION

Working closely with the police, local schools, youth service organizations and community groups, Sai Kung District Fight Crime Committee is committed to the promotion of crime prevention messages via diversified activities. In 2005-08, key activities included Integrated Strategies on Fight Crime, Village House Patrol Tactics, Wind-bell Action and Partnership Action, Fight Crime Carnival, Sea Parade, "Anti-burglary Rookie" school-based campaign, "Teen Teen" Fight Crime Volunteer Project, "Steal Off Your Future" Program etc. Total attendance of these activities exceeded 157,000.



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預防運動創傷

將軍澳醫院於2007年4月至2008年3月，與區內十間中學合辦「熱身運動做一做，遠離膝傷做得到」健康推廣計劃，內容包括健康普查問卷、膝關節及體能的測試、健康講座及分發宣傳海報和書籤等。整個計劃共有466名同學進行有關膝關節及體能的測試，另收集了1,200多份健康普查問卷，所得數據作進一步分析及研究；超過2,500位學生參與健康講座，學習預防運動創傷及有關熱身運動的知識。

Prevention of Sports Injury

Tseung Kwan O Hospital jointly held the Health Promotion Project on "Prevention of Knee Injuries in Sports Activities" with 10 local secondary schools between April 2007 and March 2008. The project included general health survey, knee joint & physical fitness test, health talk and the distribution of promotional posters and bookmarks. The entire project completed knee joint and physical fitness assessment for 466 students, and collected over 1,200 health questionnaires for future analysis and research. A further 2,500 students participated in health talks to learn ways to prevent sports injuries and the importance of warming up before physical exercise.

