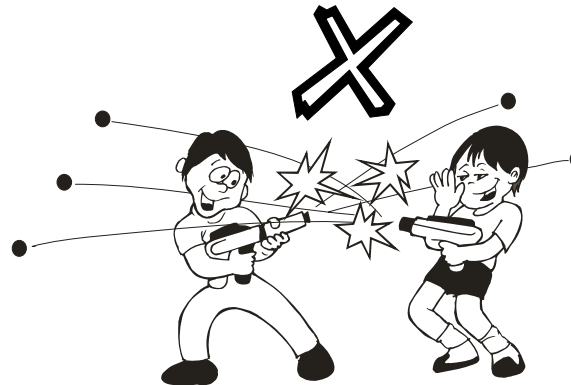


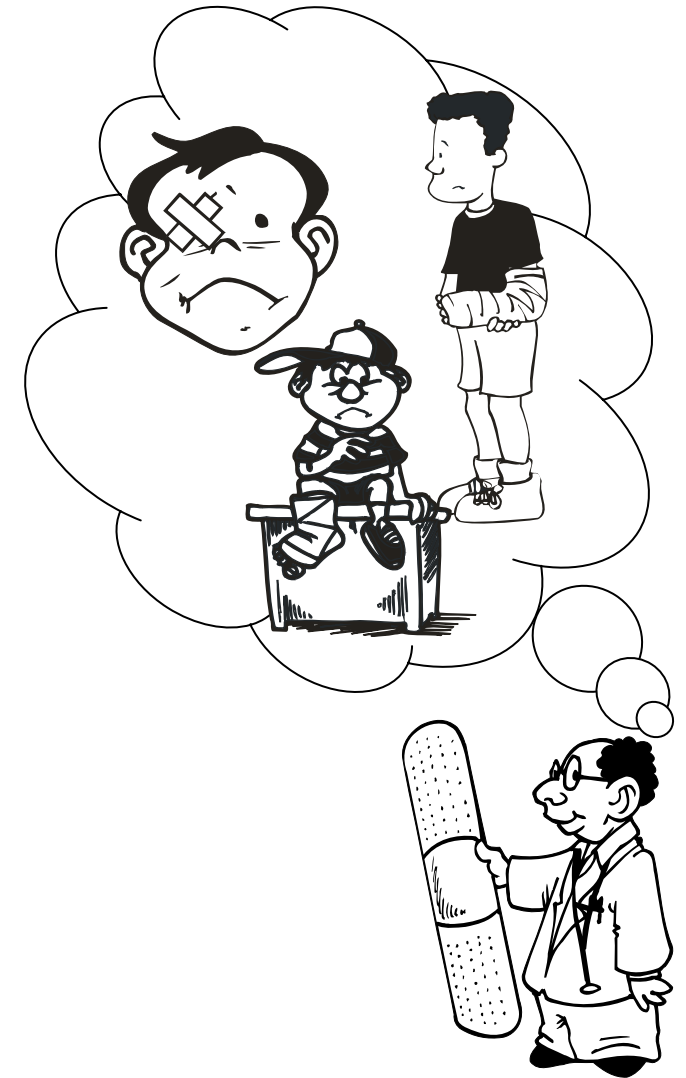
In Festive Activities and Major Events

- Control yourself and act sensibly when meeting your idol, watching a ball game or attending a concert
- Avoid going to overcrowded places
- Pay attention to road diversions or road blocks
- Follow the police's instructions when evacuating a crowd e.g. one-way progression
- Don't push or run erratically in the crowd
- Don't spray pressurized substance in the crowd
- Avoid risky activities e.g. fireworks, air gun



- Always do warm up and cool down exercises before and after physical activities respectively
- Use appropriate and well-fitting sport equipment that is in good condition
- Have proper supervision from coach for certain sports
- Perform physical activity in a suitable venue and obey safety rules
- Don't exercise when you are unwell
- Stop exercising immediately if you feel breathless, pale, giddy or nausea
- Never perform risky acts that may cause injury to yourself or others

ACCIDENT PREVENTION



Student Health Service website: www.studenthealth.gov.hk

Student Health Service
Department of Health
2022

On the Road

1. As a pedestrian



- Observe pedestrian safety rules e.g. follow traffic lights
- Use zebra-crossings, footbridges or subways when crossing roads as far as possible
- Don't play in the street or driveway. Pay attention to the traffic
- Don't use mobile phone or headphones while crossing the road

2. As a cyclist



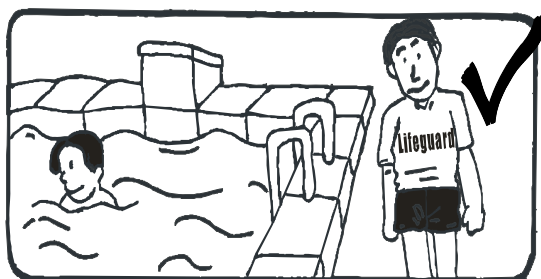
- Wear a bike helmet meeting safety standards to protect oneself from injury
- Make sure nothing will get caught in your bike chain or wheels

- Check that the brakes are working and the tyres are inflated and in good condition
- Make sure the seat, handlebars, chain & wheels are fitted tightly
- Cycle in safe places e.g. cycling path
- Avoid wearing headphones when you cycle
- Pay attention to road safety rules
- Avoid dangerous acts e.g. gliding down a slope quickly

3. As a car passenger

- Always wear safety belts
- Don't lean any part of your body out of the window
- Don't disturb the driver during the journey

In the Water



- Swim in safe places such as swimming pools or beaches with lifeguards

- Pay attention to warning signs, e.g. bad weather, presence of sharks, and follow advice accordingly
- Keep away from areas where there are boats, wind-surfers or people fishing
- Always do warm up and cool down exercises before and after swimming respectively
- Don't go swimming alone
- Don't rely on air-beds or other inflatables



- Don't go swimming if you are tired, sick or hungry or when your stomach is full
- Never dive into water without first knowing the depth and likelihood of unseen objects

During Exercise

- Choose exercises or sports appropriate to your preference, health status and abilities
- Dress appropriately
 - Wear light, loose, absorbent clothing
 - Wear comfortable, well-cushioned shoes
 - Use appropriate protective devices e.g. wear helmet and knee protector when cycling