

台北海洋科技大學寒假期間學生活動安全注意事項

寒假即將到來，為了維護本校所有學生健康及安全，以下叮嚀請務必配合：

一、衛教宣導注意事項：

- (一) 出入公共場所，應保持室內1.5公尺、室外1公尺安全社交距離，並且要勤洗手及注意咳嗽禮節。
- (二) 如果有發燒、呼吸道症狀、腹瀉、嗅味覺異常時，應佩戴口罩，儘速就醫，在家休息。

二、活動安全：

- (一) 室內活動：室內活動包含圖書館、電影院、百貨公司賣場、KTV、MTV、室內演唱會、室內團體活動等，從事該項活動時，首先應熟悉逃生路線及逃生、消防設備。其次，同學避免前往網咖、舞廳、夜店等場所，以免產生人身安全問題。
- (二) 戶外活動：寒假期間從事各類戶外活動，首應注意天候變化及熟悉地形環境，體育署「四不要」提醒：1. 不要逞強：進行登山、露營、溯溪、戲水、水岸、田野調查研究等活動時，除需做好行前裝備檢查外，更應考量自身體能狀況能否負荷，不要逞強。2. 不要去危險水域：不要去公告危險水域或無救生人員的地方進行活動。3. 氣候不佳，不要從事戶外活動：遭遇大潮、豪雨等天候狀況不佳時，不建議從事戶外活動或應立即停止一切戶外活動，以預防突發性之危安事件(如海灘裂流、碎浪、地形效應等問題)。4. 不要在無防雷設施的建築物內避雨：發生閃電雷鳴時，應遠離外露的金屬物體、鐵欄杆、高大廣告牌等建築物，及避免至無防雷設施的建築物內避雨(如工棚、車棚、遮陽傘下)，並且應停止游泳、划船並上岸到安全的避雨場所。
- (三) 系科宿營及營隊活動：辦理系科宿營或營隊等相關活動時，應以教育目的為優先考量，並請引導正向發展，為事前預防參與此類活動發生疑似校園性侵害、性騷擾或性霸凌事件，鼓勵同學間相互提醒監督，並應避免性別偏見或性別歧視，俾增進同學之健全人格發展，共同營造友善校園。

三、工讀安全：

- (一) 應瞭解注意事項：勞動部「職場高手秘笈」勞動權益教育宣導手冊(<https://www.mol.gov.tw>)及教育部青年發展署「RICH職場體驗網」工讀權益專區(<https://rich.yda.gov.tw>)。
- (二) 應遵守三要準備、七不原則--「要確定、要存疑、要告知」、「不繳錢、不購買、不簽約、證件不離身、不非法工作、不飲用、不辦卡」。
- (三) 僑外生工讀：
 - 1、境外學生工作時數最高上限為每周20小時，寒暑假不在此限，未依規定申請工作許可，即受聘僱為他人工作者，依就業服務法規定，處新台幣3萬元以上15萬元以下罰鍰。
 - 2、境外學生寒暑假工時依照勞工正常工作時間，每日不得超過8小時，每週不得超過40小時。另雇主徵得勞工同意得延長工作時間，其連同正常工時每日不得超過12小時，每月延長工作時間總時數不得超過46小時，但如遇天災、事變或突發事件有例外規定。
 - 3、如涉在臺非法工作，依本校學生獎懲規定，視情節予以處分。
 - 4、如涉在非法工作場所打工或工作內容涉及不法，則依法處分，退學遣送回國。

四、交通安全：

- (一) 騎乘機車應正確配戴安全帽，並且全天開頭燈。
- (二) 不要無照駕(騎)車，不要將汽(機)車借給沒有駕照的人。
- (三) 行車時不使用行動電話，不要當低頭族。
- (四) 不要超速，不要飆車，不要闖紅燈，不要任意變換車道，經過路口時要減速、要禮讓行人及注意周邊狀況。
- (五) 不要行駛在大型車前方或併行，避免因大型車視覺死角危害生命安全。

五、居住安全：

- (一) 居家防火、用電安全：為降低居家意外事故發生請同學注意居家防火、用電安全；遇火災時切勿慌張，應大聲呼叫、通知周邊人員自身所在位置，並進行安全避難，切勿躲在衣櫥或床鋪下等不易發現場所。點火器具並非玩具，不可把玩，玩火恐引起火災及傷亡。
- (二) 賃居安全：使用瓦斯熱水器沐浴及瓦斯爐煮食時，要注意室內空氣流通，使用時切忌將門窗緊閉，易導致因瓦斯燃燒不完全，而肇生一氧化碳中毒事件；有頭昏、噁心、嗜睡等身體不適情況發生，應立即打開通往室外的窗戶通風，若身體嚴重不適時，請先前往通風良好的室外環境，再打119電話或與親友(學校)求助，以維護學生自身安全。外出及就寢前亦必須檢查用電及瓦斯是否已關閉，以確保安全。

六、人身安全：

- (一) 有諮商緊急需求時，可以聯繫學校學輔中心、校安中心，也可尋求校外資源(24小時安心專線: 1925、生命線1995 或 1980、警消110或119)。
- (二) 應結伴同行，沒有燈光路段不要進入，進出校園時請由大門或學校指定出入口。
- (三) 校園內外遭遇任何危害安全事件，請立即向師長反映。
- (四) 校園外遇陌生人問路，可熱心告知，但不必親自引導前往，並注意自身安全。
- (五) 校園外發現陌生人跟隨，應立即到人較多地方或最近商店，並大聲喊叫，吸引他人注意尋求協助。
- (六) 不要從事觸犯法律的違法活動。
- (七) 不要點選不明簡訊網址，不要隨意聽信他人要求而交付金錢，並撥打165反詐騙專線查證及立即向師長反映。
- (八) 多從事戶外或正當多元休閒活動，避免過度使用3C產品。

七、寒假期間發生各類安全事件，可運用學校校安中心專線尋求協助：

- (一) 淡水校本部校安中心專線(02)2805-8367。
- (二) 士林校區校安中心專線(02)2810-3595。

Safety Precautions for TUMT Winter vacation Student Activities

Winter vacation is coming. In order to maintain the health and safety of all students in our school, please cooperate with the following warnings:

1. Promoting hygiene precautions:

- (1) When entering and leaving public places, maintain a safe social distance of 1.5 meters indoors and 1 meter outdoors, wash your hands frequently and pay attention to coughing etiquette.
- (2) If you have fever, respiratory symptoms, diarrhea, or abnormal sense of smell and taste, you should wear a mask, seek medical treatment as soon as possible, and rest at home.

2. Activity safety:

- (1) Indoor activities: Indoor activities include libraries, cinemas, department stores, KTV, MTV, indoor concerts, indoor group activities, etc. When engaging in such activities, you should first be familiar with escape routes, escape and fire-fighting equipment. Secondly, students avoid going to Internet cafes, dance halls, nightclubs and other places to avoid personal safety problems.
- (2) Outdoor activities: To carry out various outdoor activities during the Winter vacation, we must first pay attention to weather changes and be familiar with the terrain environment. The "four don'ts" reminded by the sports department: 1. Don't act boldly: In activities such as mountaineering, camping, river tracing, playing in the water, near the water, field trips, field trips and other activities, in addition to the need to do a good job of equipment inspection before the trip, you must also consider your own Whether the physical fitness can afford it, don't try to be brave. 2. Do not go to dangerous waters: Do not go to places where there are dangerous water announcements or where there are no lifeguards. 3. Do not engage in outdoor activities in bad weather: In case of bad weather such as high tide and heavy rain, it is not recommended to engage in outdoor activities or stop all outdoor activities immediately to prevent sudden safety accidents (such as beach cracks), breaking waves, terrain effects, etc.). 4. Do not take shelter from the rain in buildings without lightning protection facilities: When thunder strikes, stay away from exposed metal objects, iron railings, tall billboards and other buildings, and avoid buildings without lightning protection facilities (such as sheds, carport, under a sunshade), you should stop swimming, boating and go ashore to a safe place.
- (3) Departmental camps and camp activities: When carrying out departmental camps or camps and other related activities, education should be the purpose, guide positive development, and prevent suspected campus sexual assaulters from participating in such activities, sexual harassment or sexual harassment in advance. Bullying incidents, encourage students to remind and supervise each other, avoid gender bias or gender discrimination, promote the healthy development of students' personality, and jointly create a friendly campus.

3. Work safety:

- (1) according to Employment Services Act, the maximum working hours are 20 hours per week, except during summer and winter vacations. If I work without a work permit, I will be fined between TWD 30,000 and TWD 150,000.
- (2) An international student who works in Taiwan illegally will be subject to disciplinary action in accordance with the regulations of Taipei University of Marine Technology governing student awards and penalties and depending on the circumstances of the case.
- (3) Overseas Chinese Students Work-Study :
The working hours of foreign students in winter and summer vacations shall be in accordance with the normal working hours of laborers, and shall not exceed 8 hours per day and 40 hours per week. In addition, the employer may extend the working hours with the consent of the laborer. Together with the normal working hours, the daily working hours shall not exceed 12 hours, and the total extended working hours shall not exceed 46 hours per month, but there are exceptions in case of natural disasters, accidents or emergencies.
- (4) Those involved in illegal work in Taiwan will be punished according to the school's regulations on rewards and punishments for students, depending on the circumstances.
- (5) If they are involved in working in an illegal workplace or the content of their work involves illegality, they will be punished according to law, and they will be expelled from school and sent back to their home countries.

4. traffic safety:

- (1) When riding a motorcycle, you should wear a safety helmet and start lights all day.
- (2) Do not drive (ride) without a license, and do not lend a car (motorcycle) to a person without a driver's license.
- (3) Don't use mobile phones when driving.
- (4) Don't speed, don't drag racing, don't run red lights, don't change lanes arbitrarily, slow down when passing intersections, be courteous to pedestrians and pay attention to the surrounding conditions.
- (5) Do not drive in front of or parallel to large vehicles to avoid endangering life and safety due to blind angles of large vehicles.

5. Residential safety:

- (1) Fire prevention and electricity safety at home: In order to reduce the occurrence of accidents at home, please pay attention to fire prevention and electricity safety at home; do not panic in case of fire, call loudly, notify the surrounding people of their location, and evacuate safely. Do not hide in hard-to-find places such as closets or under beds. Igniters are not toys and should not be played with. Playing with fire may cause fire and casualties
- (2) Safety of rental housing: When using gas water heaters for bathing and gas stoves for cooking, pay attention to indoor air circulation. Do not close the doors and windows when using them, as this may easily lead to carbon monoxide poisoning due to incomplete gas combustion; dizziness, Nausea, drowsiness and other physical discomfort, you should immediately open the window leading to the outside to ventilate. one's own safety. Before going out and going to bed, you must also check whether the electricity and gas are turned off to ensure safety

6. Personal safety:

- (1) When there is an urgent need for consultation, you can contact the school's auxiliary center, school safety center, or seek out-of-school resources (24-hour : 1925, lifeline 1995 or 1980, Police station 110, Fire department 119).
 - (2) You should travel in groups, and do not enter the roads without lights. When entering and leaving the campus, please use the gate or the school to designate the entrance and exit.
 - (3) If you encounter any incidents that endanger safety inside or outside the campus, please report to the teacher immediately.
 - (4) If you encounter strangers asking for directions outside the campus, you can eagerly inform them, but you do not need to guide you personally and pay attention to your own safety.
 - (5) If you find strangers following outside the campus, you should go to a crowded place or the nearest store immediately and shout loudly to attract others' attention to seek assistance.
 - (6) Do not engage in illegal activities that violate the law.
 - (7) Don't click on the website of the unclear newsletter, don't pay the money at will by following the request of others, and call the 165 anti-fraud hotline for verification and report to the teacher immediately.
 - (8) Engage in outdoor or legitimate multiple leisure activities and avoid excessive use of 3C products.
7. If various safety incidents occur during the Winter vacation, you can use the school's school safety center line to seek assistance:
- (1) The special line of the School Safety Center of the Tamsui School Headquarters (02) 2805-8367.
 - (2) Shilin Campus School Security Center Special Line (02) 2810-3595.