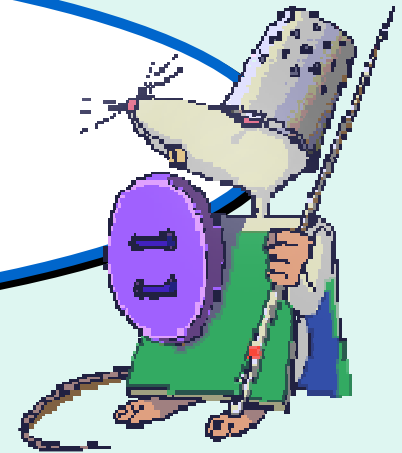


車衣工人環境改造培訓

Ergonomic Training for Garment Workers



本教材是由職業安全衛生局及美國勞工部提供的SH-19505-09-60-F-6 資助編製。並不一定反映美國勞工部的政策，又內容提及的商業名稱，產品或組織的名字亦不反映得到美國政府的確定。

This material was produced under grant SH-19505-09-60-F-6 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the view or policies of the U. S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U. S. Government.

今日我們會討論：

Today we will discuss:



- 為甚麼你會在工作上受傷

Why you get injured at your job

- 有些方法可以減少受傷

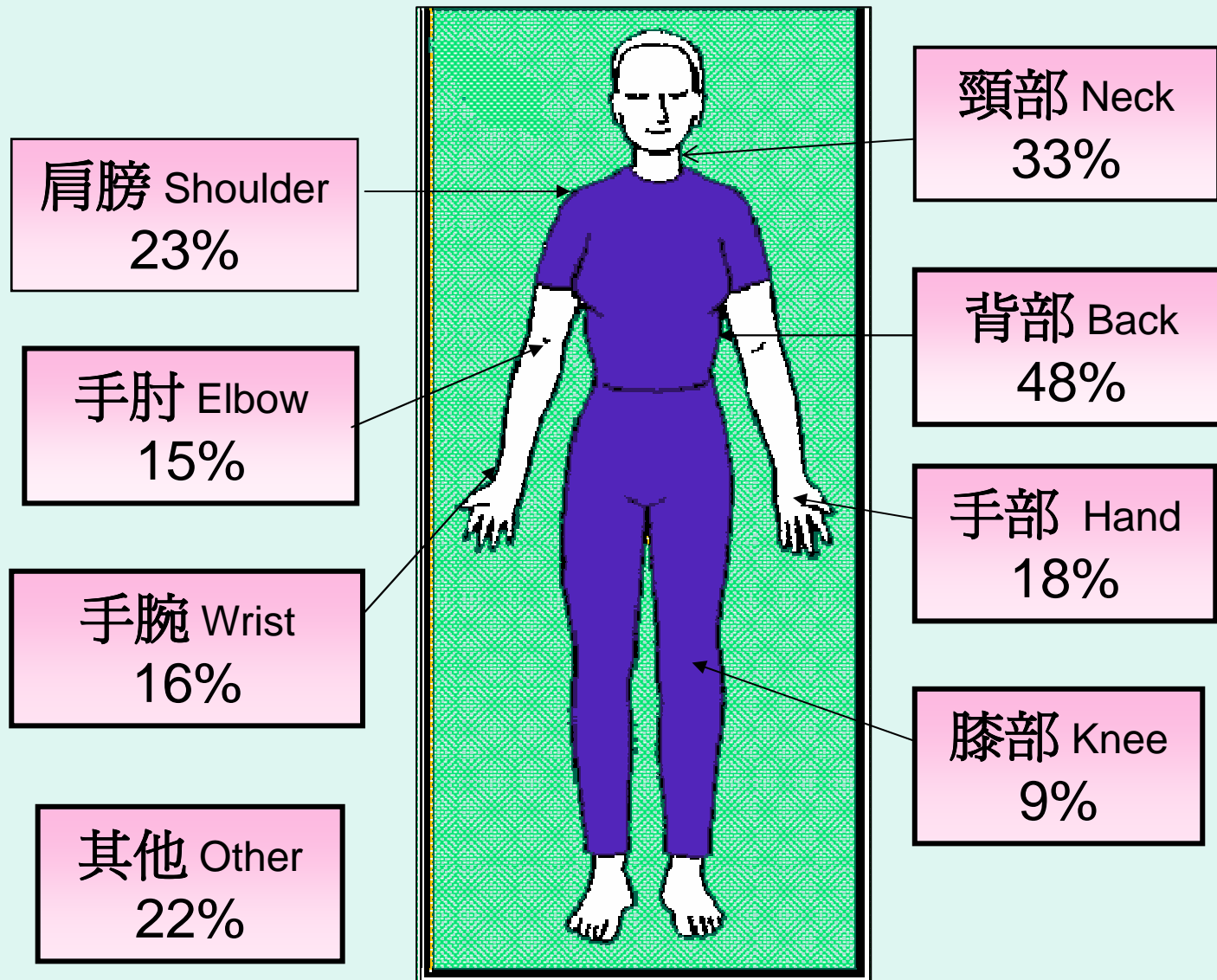
Some ways you can reduce injuries

- 用合適的工具防止受傷

The right kind of equipment to use to prevent injury

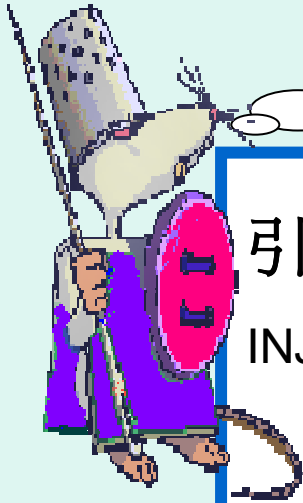
我們的診所發現車衣工人有很多與工作有關的受傷個案

At Our Clinic, We Discovered That Garment Workers Have Many Work-related Injuries



爲甚麼妳會受傷？

WHY ARE YOU
GETTING INJURED?



引致受傷的原因：

INJURIES ARE CAUSED BY:

❖ 不斷地重複同樣的動作

DOING THE SAME THING OVER AND OVER AGAIN

❖ 不良的工作姿勢

WORKING IN AN AWKWARD POSITION

❖ 工作太用功或太長時間

WORKING TOO HARD OR TOO LONG

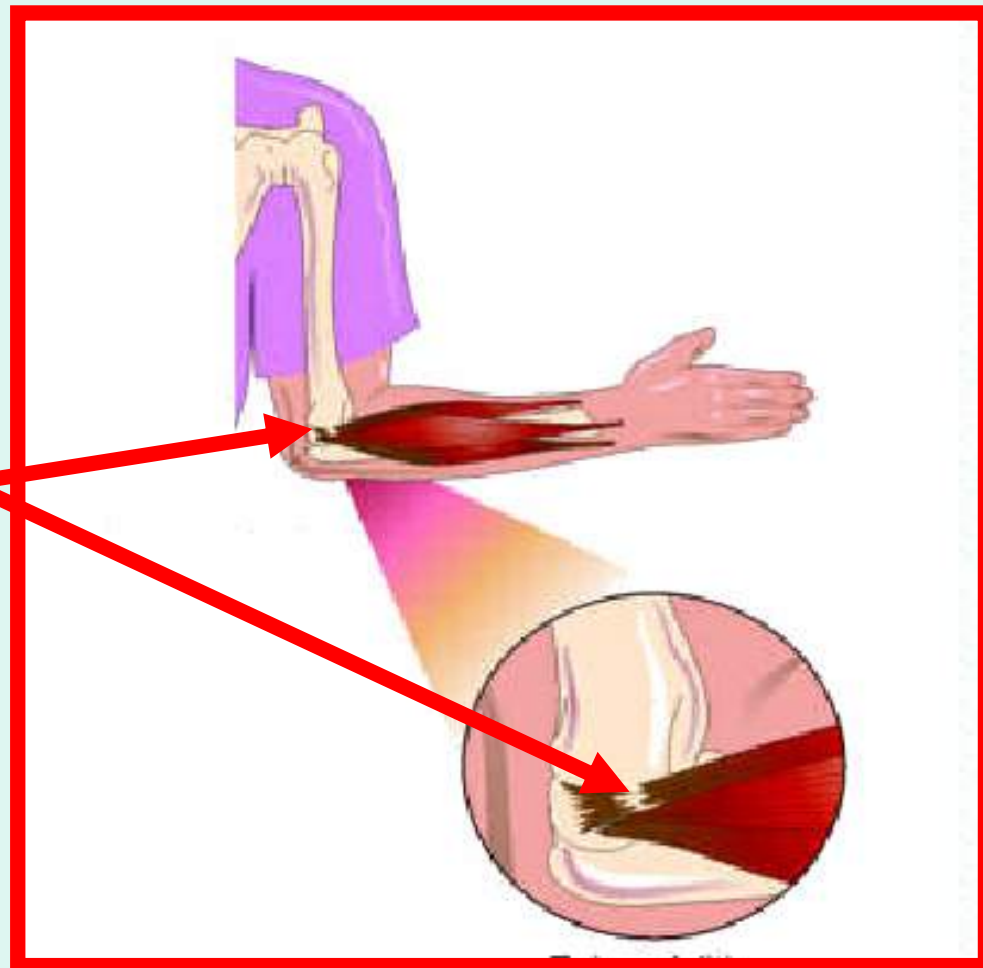


你怎樣受傷？

How does this injure you?

若肌肉過勞
會產生輕微
撕裂...

When you use your
muscles too much,
They get little tears...



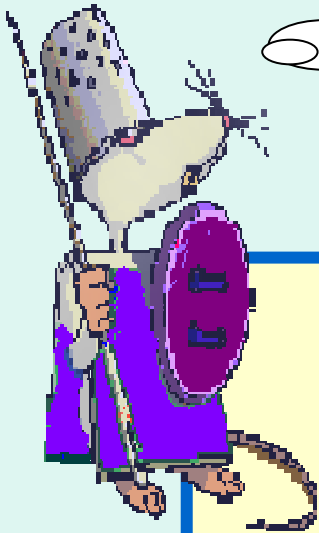
使妳的肌肉腫脹並感到 ...

This makes your muscle swell and
feel ...



還有甚麼使車衣工人
受傷？

What else causes injuries
to garment workers?



以同樣的姿勢

坐或站

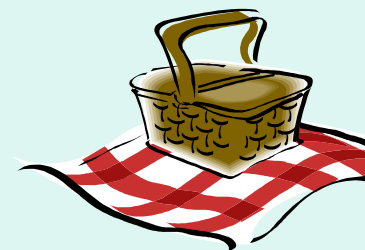
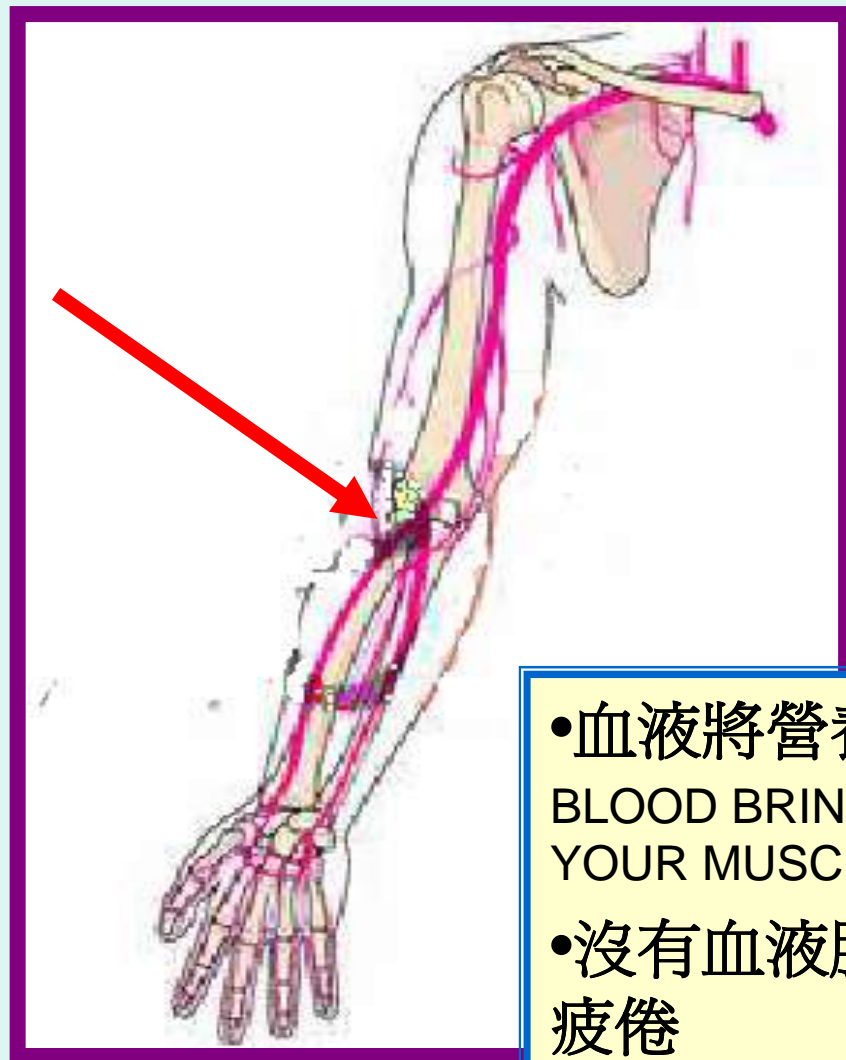
得太久！

SITTING OR STANDING
IN THE SAME POSITION
FOR A LONG TIME!



•坐得太久
阻礙血液流
到手臂及腿
部

SITTING TOO
LONG STOPS
THE BLOOD
FROM GOING TO
YOUR ARMS
AND LEGS



•血液將營養帶到肌肉去
BLOOD BRINGS FOOD TO
YOUR MUSCLES

•沒有血液肌肉變得崩緊及
疲倦

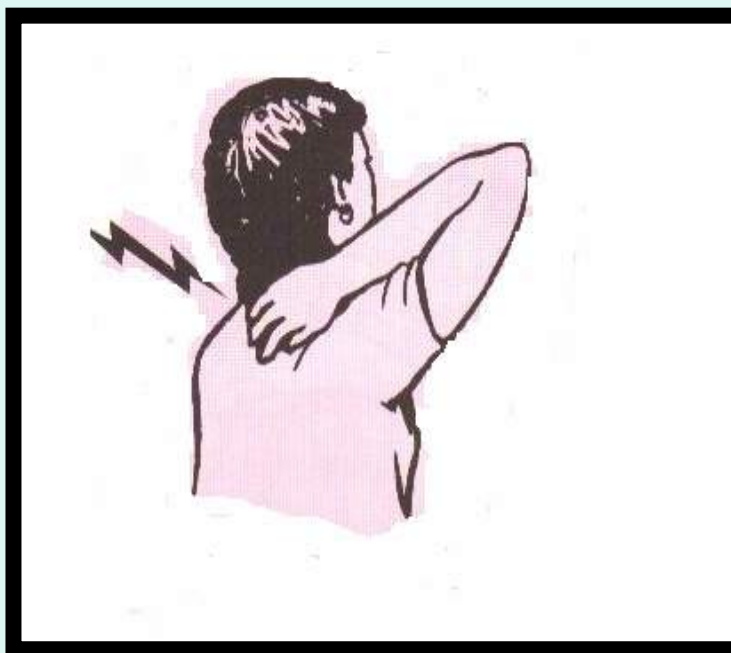
WITHOUT BLOOD YOUR
MUSCLES GET TIGHT AND
TIRED



警告!
Warning!

這些跡象是受傷的警告....

These are the warning signs of injury...



痛楚, 麻痺, 刺痛, 無力, 腫脹, 發熱

Pain, numbness, tingling, weakness, swelling, heat

妳若有任何上述的徵狀, 就要採取行動了!

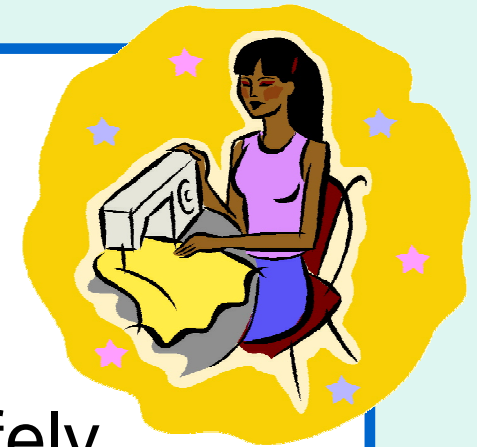
If you feel any of these symptoms, it's time to take action!

頸部，上背及肩部傷痛

Neck, Upper Back and Shoulder Injuries

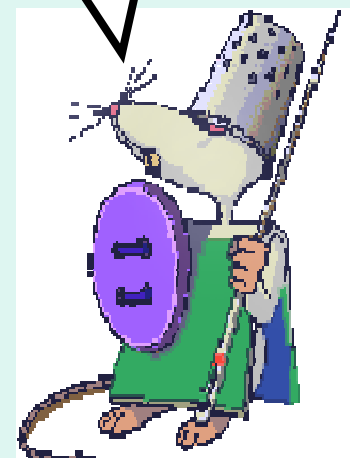
✓ 病因 Causes

✓ 安全情況下工作 Working safely

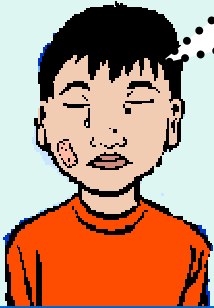




這圖片有甚麼不妥？
What's wrong with this
picture?



呀！
Ouch!



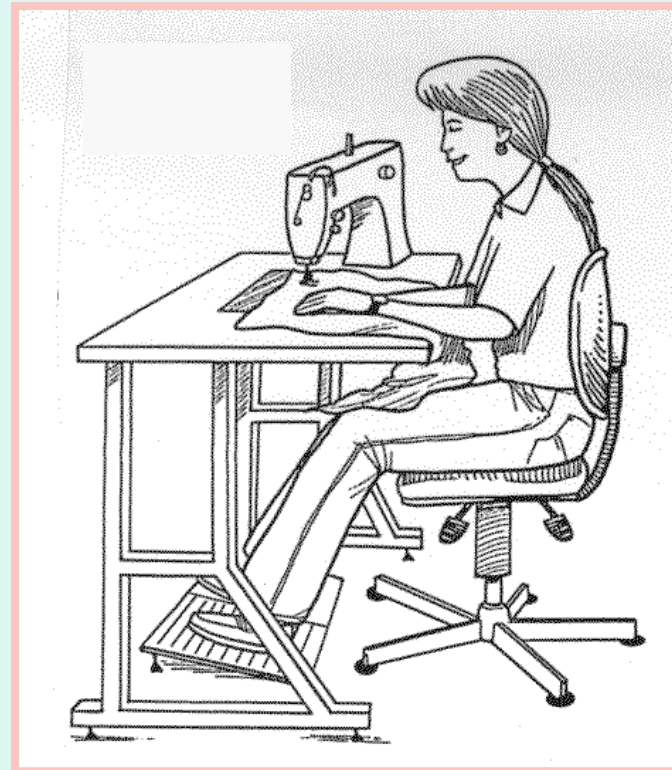
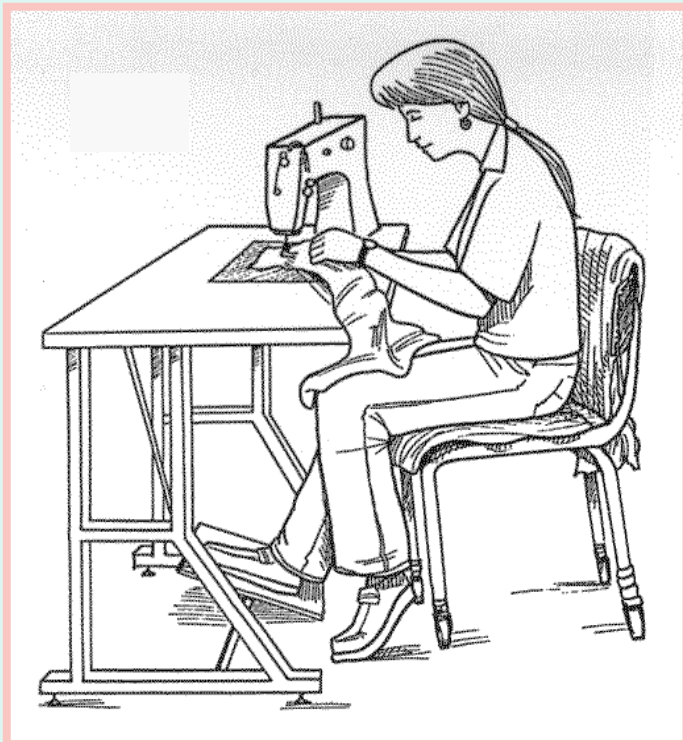
由於不適當的椅子
及衣車的高度或位
置，會產生別扭的
頸部及背部的動作

Awkward neck, and back
position because of
improper chair and table
height or position.



那幅畫展示正確的坐姿？

WHICH PICTURE SHOWS THE RIGHT WAY TO SIT?



問題：妳猜猜自己的頭有多重？

Question: How much do you think your head weighs?

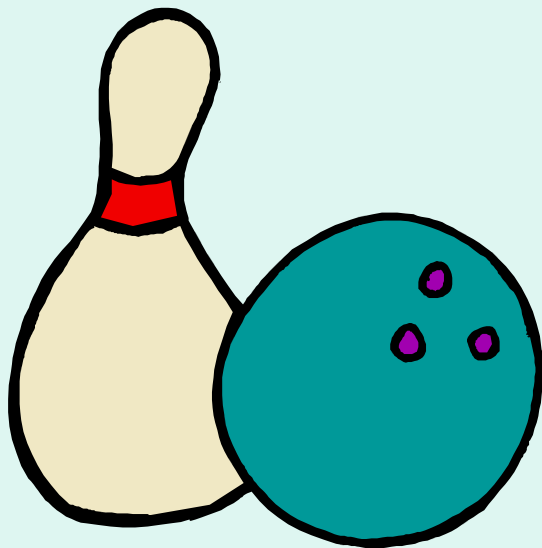


答案：10-12 磅

ANSWER: 10-12 pounds

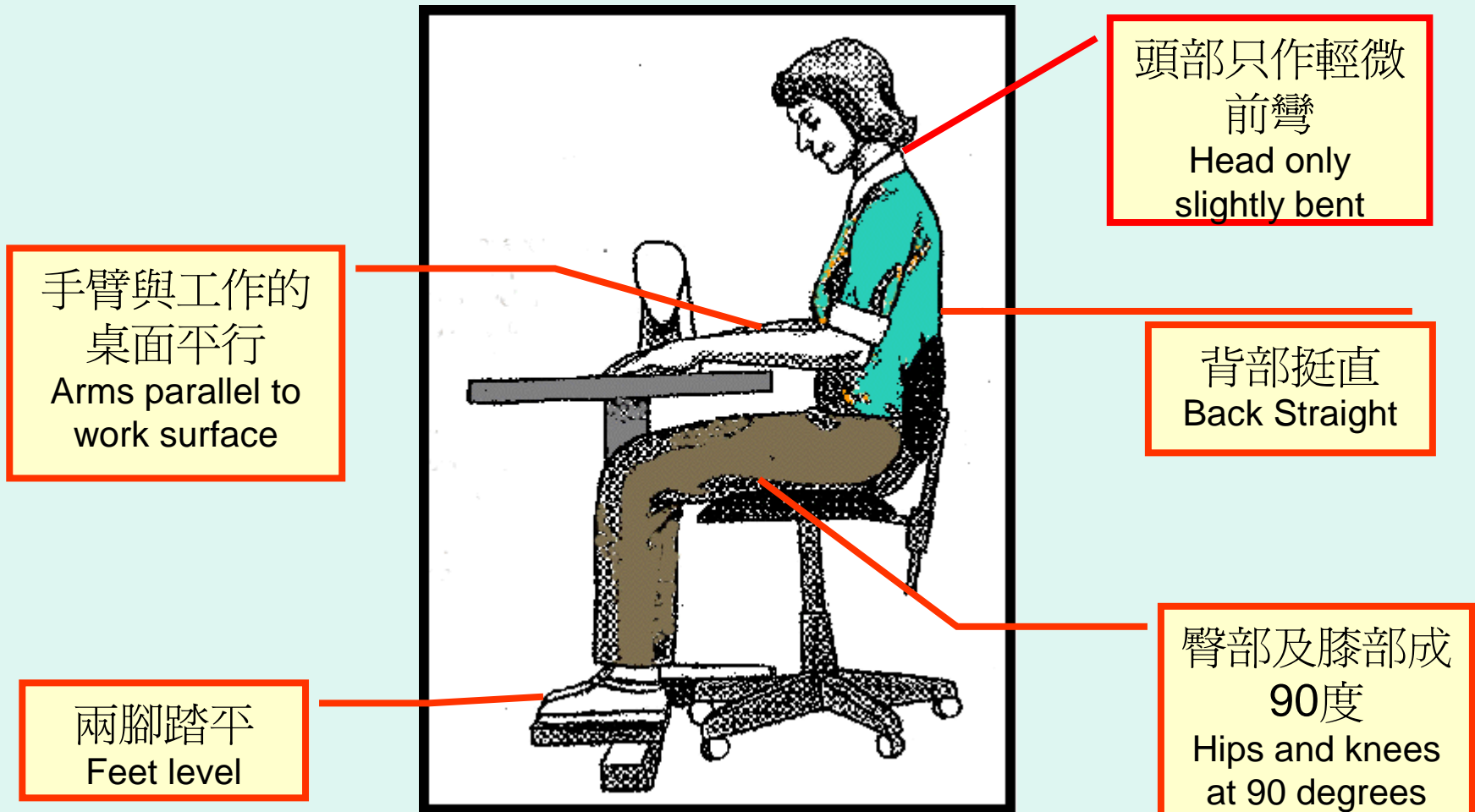
你的頸部必須支撐這個重量！

That's how much weight your neck must support!



這是最正確的坐姿

This is the Best Way to Sit



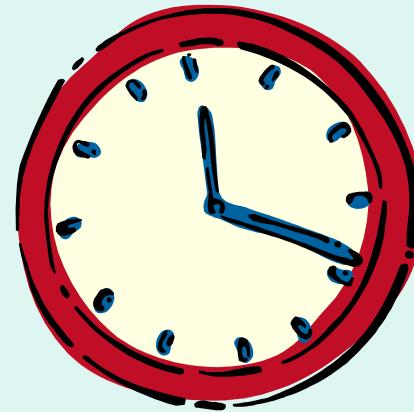
並緊記...坐在同一位置太長時間會導致背部及頸部疼痛

And remember... Sitting in the same position for a long time, results in sore backs and necks.



小息時要休息

Take Your Breaks!



每日妳享有兩個10分鐘有薪的休息，另加30分鐘無薪的午膳時間

You're entitled to two 10 minute PAID breaks a day plus a 30 minute unpaid lunch break.

這是法例！
It's the law!

這圖片有甚麼不妥？
What's wrong with this picture?



不良肩膀
及手肘的
位置

Awkward
shoulder and
elbow posture

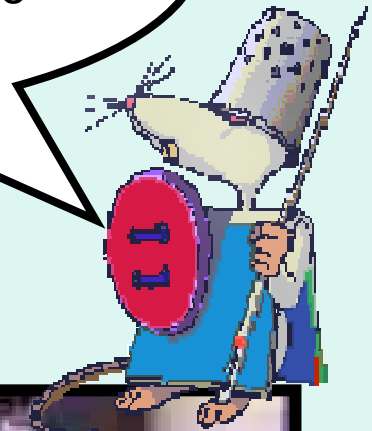
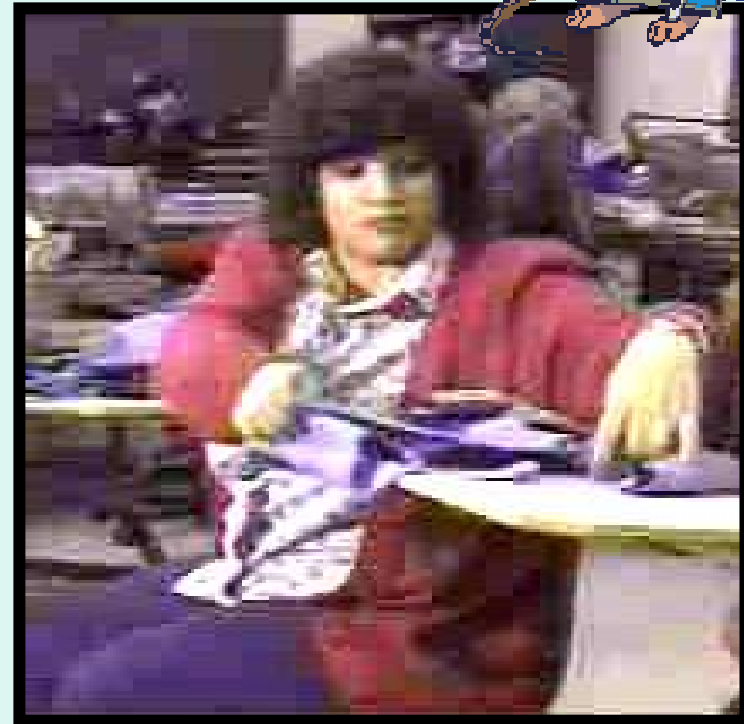


呀！
Ouch!



圖中的工人是怎樣受傷的？

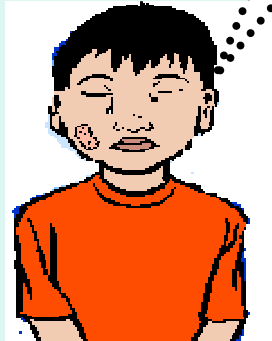
How will the worker in these pictures injure herself?



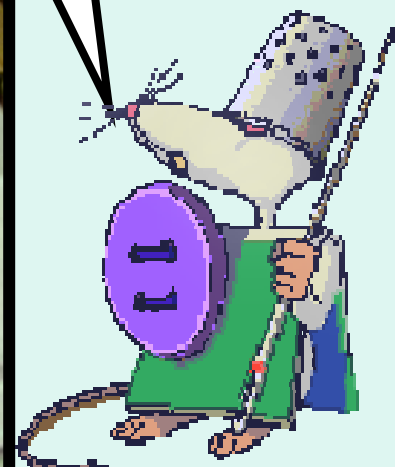
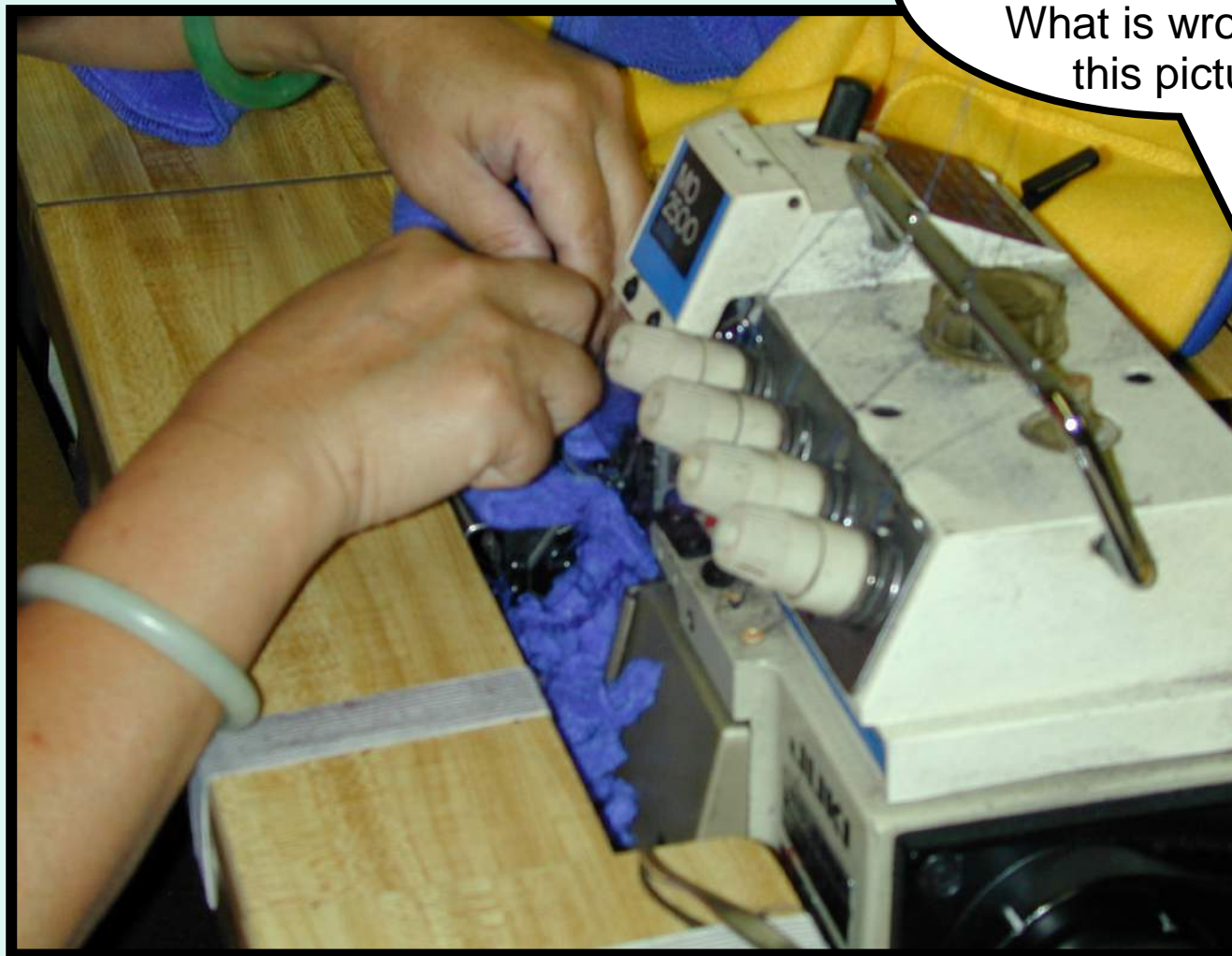
彎腰及扭著腰子拾 布料會傷到妳的背 部及肩部

Bending and twisting to
pick up fabric can hurt
your back and shoulders.

呀！
Ouch!

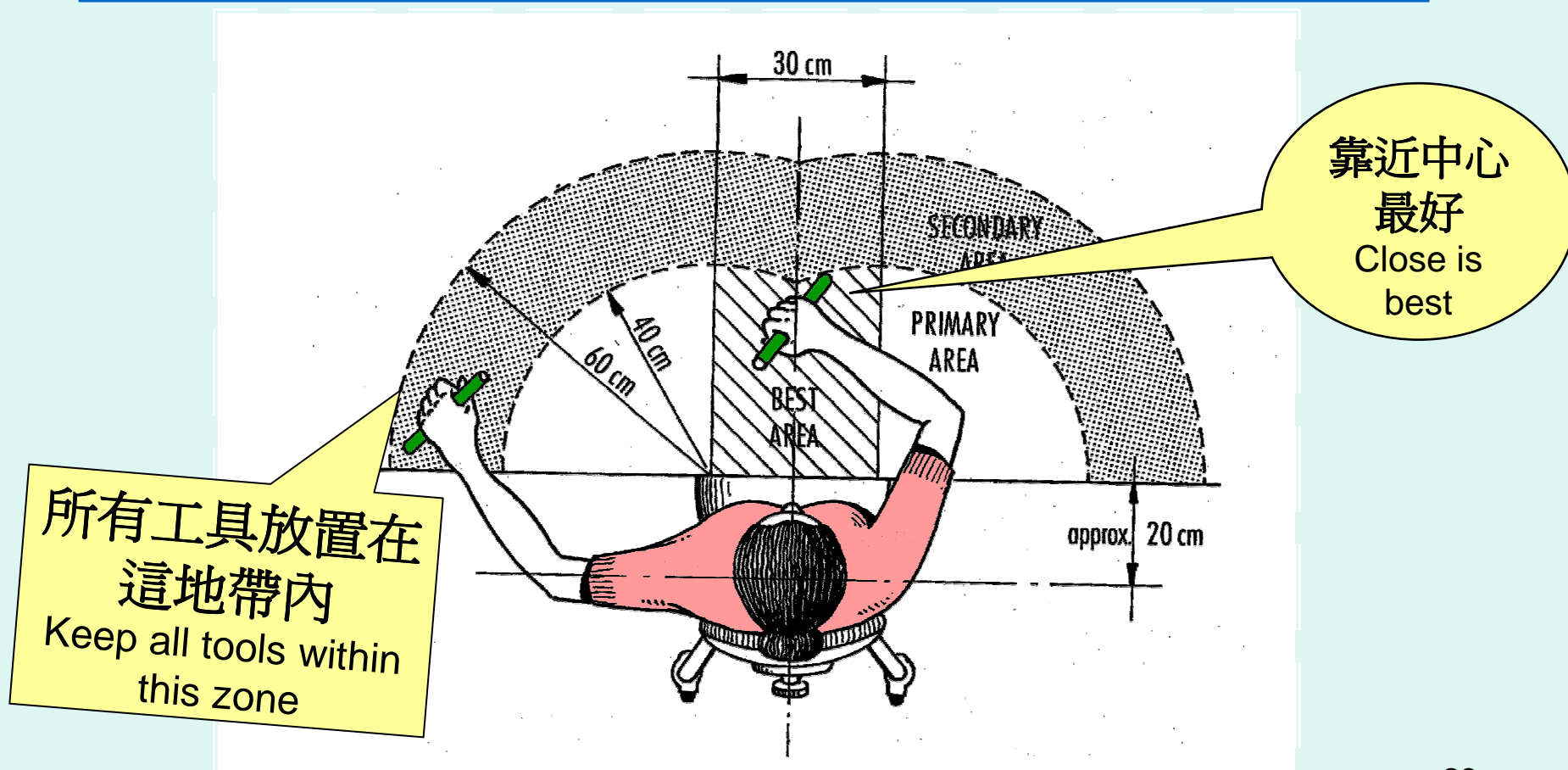


這幅圖片有甚麼不妥？
What is wrong with this picture?



衣料及工具應放在同一的高度並可容易取來用 以防止受傷

The fabric pieces and your tools should all be at the same height and within easy reach to prevent injury



手指，手部及臂部受傷

Arm, Hand and Finger Injuries

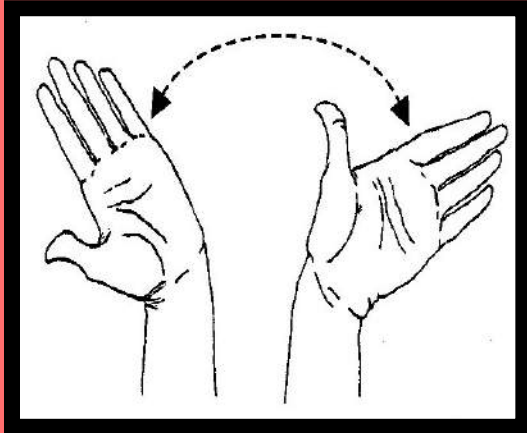
- ✓ 原因 Causes
- ✓ 安全地工作 Working safely



中正位置

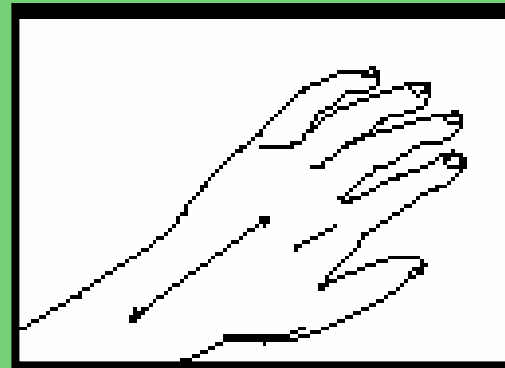
NEUTRAL POSITION

錯誤
Wrong



這樣屈手腕是會受傷的
You hurt your wrists
when you bend them like
this

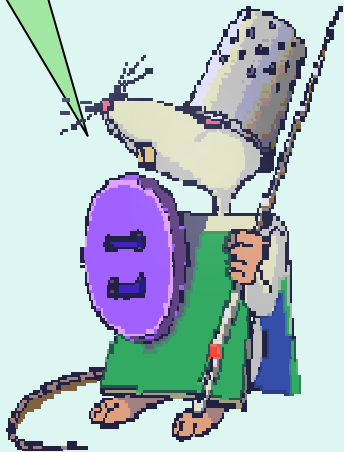
正確
Right



保持手腕及手部平直會
防止受傷
Keeping your wrist and
hand in a straight line will
prevent injury



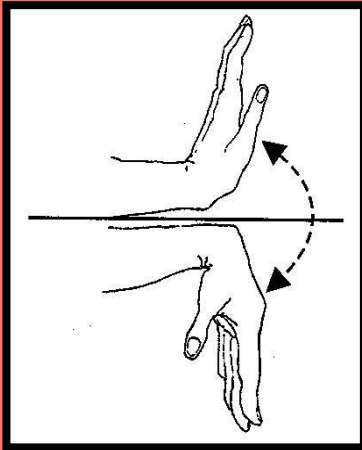
這幅圖片有甚麼不妥？
What is wrong with this picture?



中 正 的 位 置

NEUTRAL POSITION

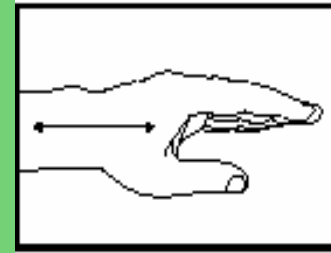
錯誤
Wrong



這樣屈手腕及手指會引致受傷

Bending your wrist and fingers like this will cause injuries!

正確
Right

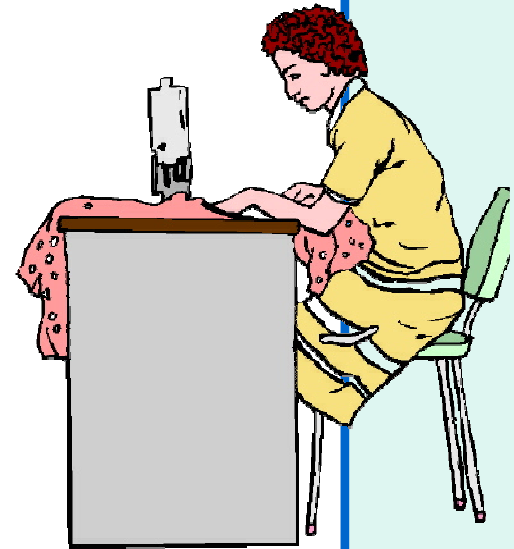


保持手腕中正可防止受傷

Keeping your wrist in neutral position will help prevent injuries.

腰部受傷 Lower Back Injuries

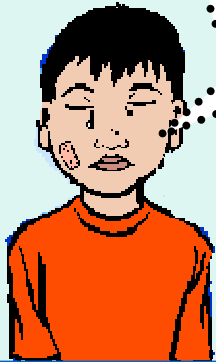
- ✓ 原因 Causes
- ✓ 安全地工作 Working safely





這圖片有甚麼不妥？
What's wrong with this picture?





呀！
Ouch!

- 這椅子沒有支持著腰部

This chair doesn't support the back

- 椅子向後傾斜

Seat is tilted backward

- 椅邊壓著大腿

Chair edge presses against thigh



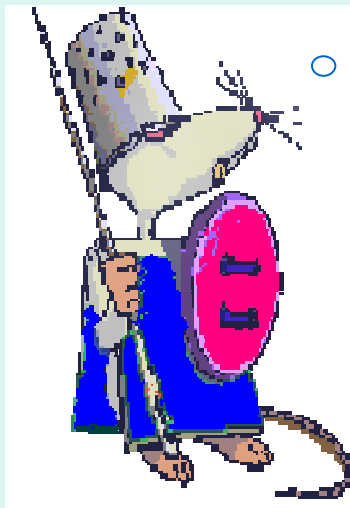
膝，腿及腳部受傷

Knee, Leg, and Foot Injuries

- ✓ 病因 **Causes**
- ✓ 安全情況下工作 **Working safely**



這圖片有甚麼不妥？
What's wrong with this picture?



硬物面阻止血液
流通，壓著神經
致使膝部受傷

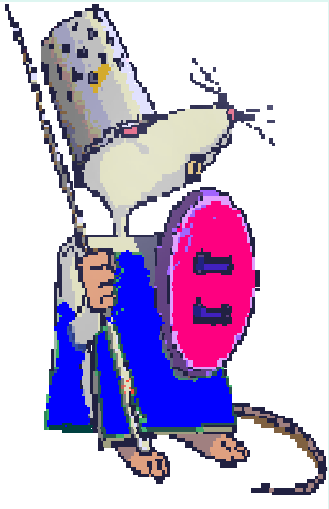
Hard Surface
stops blood
circulation,
pinches nerves,
and injures knee



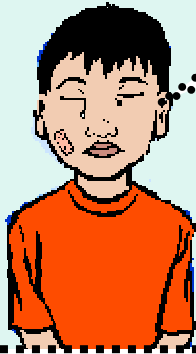
要有足夠的空間讓雙
腿自由活動

You need enough
room to move your
legs freely

這圖片有甚麼不妥？
What's wrong with this picture?



呀！
Ouch!



✓ 只用單腳踏衣車不平衡，會引致背部及腿部問題

Using only one foot on pedal is unbalanced. This can cause back and leg problems

✓ 不自然的腳眼位置

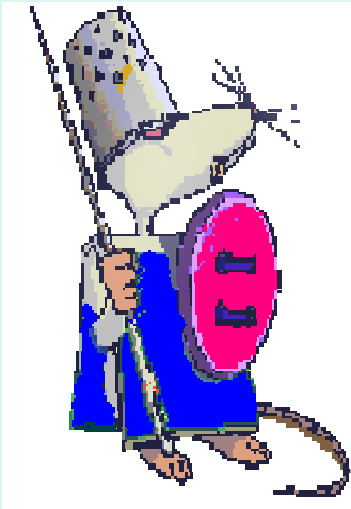
Awkward ankle position

✓ 較硬的鞋子可以更好承托腳部

Sturdier shoes can provide better foot support



這圖片有甚麼不妥？
What's wrong with this picture?



工作時用力注視會使頸部，背部及肩部受傷

Straining to see your work hurts your neck, back and shoulders



車衣工人需要：

Garment workers need:

❖ 良好的照明

Good lighting

❖ 沒有反光

No glare

❖ 若視力有問題要驗眼及配帶眼鏡

Eye exams and glasses if you have trouble seeing

正確的儀器大大改善妳的健康

The Right Equipment Can Make a Big Difference in Your Health



你用那種椅子呢？

What Kind of Chair Do You Have?



不良的坐姿引致身體受傷

Bad seating injures us!



很多工人嘗試去解決這問題 Many workers try to fix these problems



亞裔移民婦女促進社
實驗室
AIWA's Lab

- 車衣工人及大學研究員在屋崙成立實驗室

Garment workers and researchers from the University set up a testing lab in Oakland.

- 我們用特別的儀器量度工作姿勢及找出最好器具來預防受傷

We used special equipment to measure work postures and to find the best equipment to prevent injuries.



我們發現良好的椅子對妳的健康最為重要！
We Discovered that A Good Chair is
Most Important For Your Health



良好的椅子應是 ...

A Good Chair Should...



✓ 調較至適當舒適的高度

Adjust for proper height and comfort

✓ 可轉動妳便不用扭轉身軀去拿取紮紮衣物

Rotate so you don't have to twist to reach bundles

✓ 前傾斜下並有斜下邊緣

Have a forward slope and "waterfall" edge

✓ 提供良好的背部支撐

Provide good back support

✓ 坐位有墊使體重平均分散

Have padded seat to distribute weight evenly

✓ 平穩的小腳輪防以滑走

Flat casters to prevent sliding





可調較斜度的
坐托可保持你的
背部垂直

The tilted seat
pan will help
you keep your
back straight



斜下的邊緣防止整日
坐著時大腿所受到的
壓力。

The “water fall” edge
prevents pressure on
your thighs when you sit
all day

旋轉椅子對妳的背部最好

Swivel Chairs Are Best For Your Back



這些椅子可讓你容易轉動身體去取一捆捆衣料或一件件的衣服

They allow you to turn easily to get bundles and pieces.

這是我們設計的腳踏

Here is the footrest we designed...



- 化費不多便可造成，使雙腳能平衡

It is inexpensive to make and keeps both feet level



衣車面延伸

Our Table Extension



- 留意較位。延伸部份在不用時可以放下。

Notice the hinge. The extension can be lowered when not in use.



延伸部份承托著衣料，你不用時時扭轉身體去拉起這些衣料。

It supports the fabric so you don't have to twist and lift as much.

傾斜衣車

Table Tilt

- 傾斜衣車幾度改善視線。妳在車衣時會坐得直些。

Tilting the table a few degrees improves the line of vision. You can sit straighter when you work.



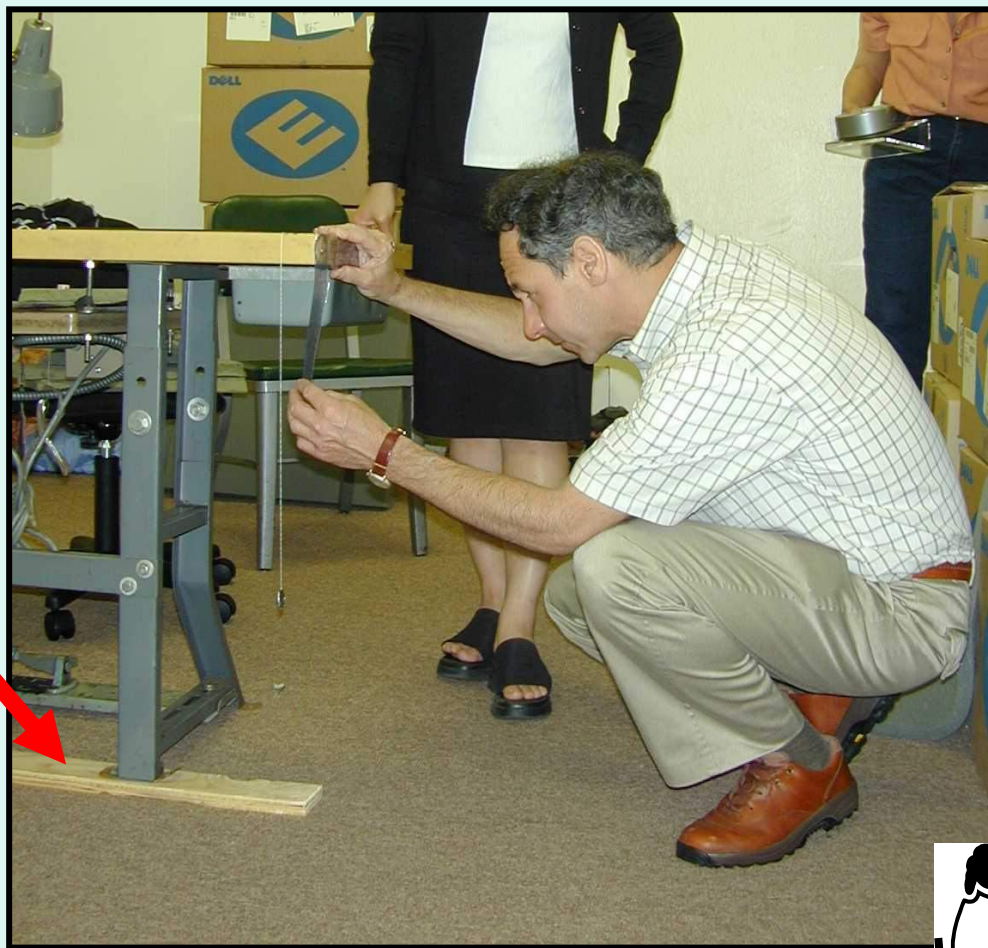
容易事! It's Easy!

- 只要放板子在衣車的兩前腳下。

All it takes to do this is a small piece of board under both front legs of the table.

- 不過可能需要幾天的時間去習慣新的改變。

But it may take you a few days to get used to the new way of sitting



防滑料子

NoSlip Material



•平價的防滑尼龍物料，在衣車傾斜後，衣物及用具不會滑走下來。

Inexpensive non-skid shelf liner keeps material and tools from slipping when the table is tilted.

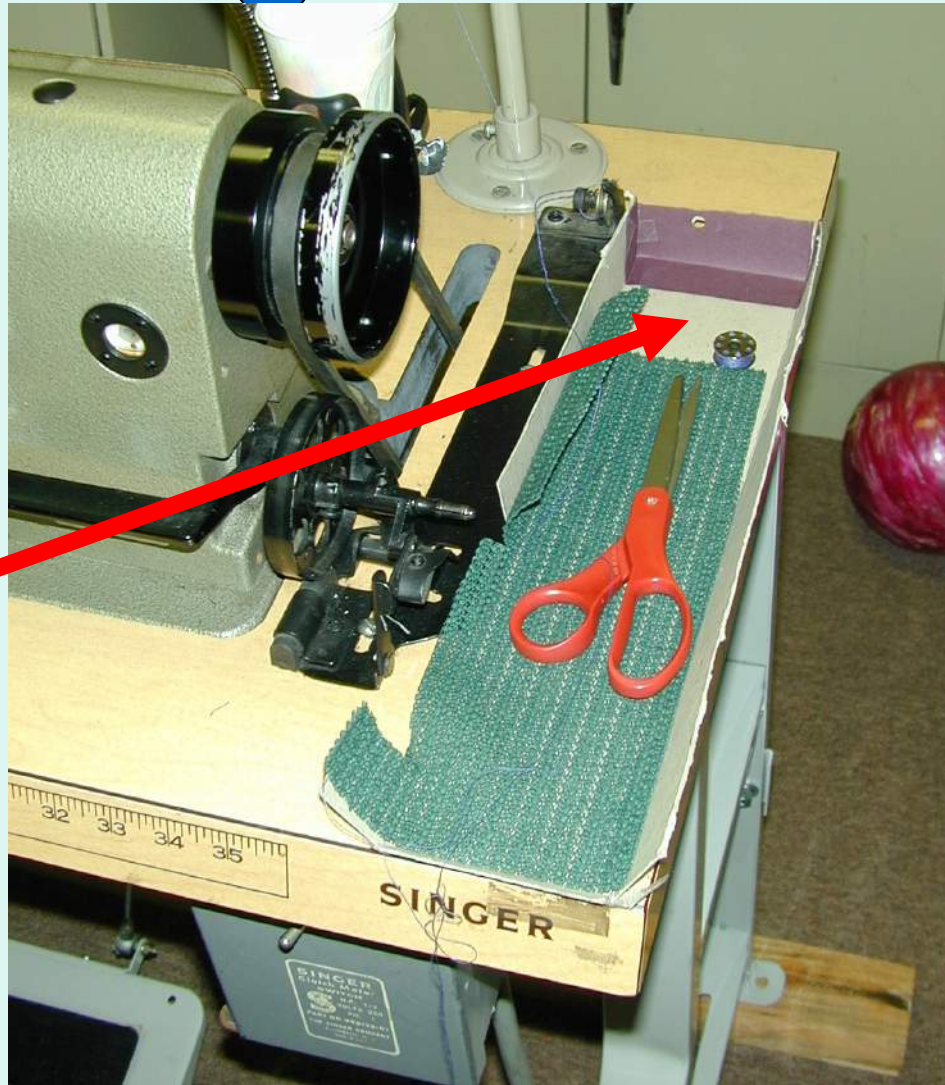


盛物小盒

Storage Boxes

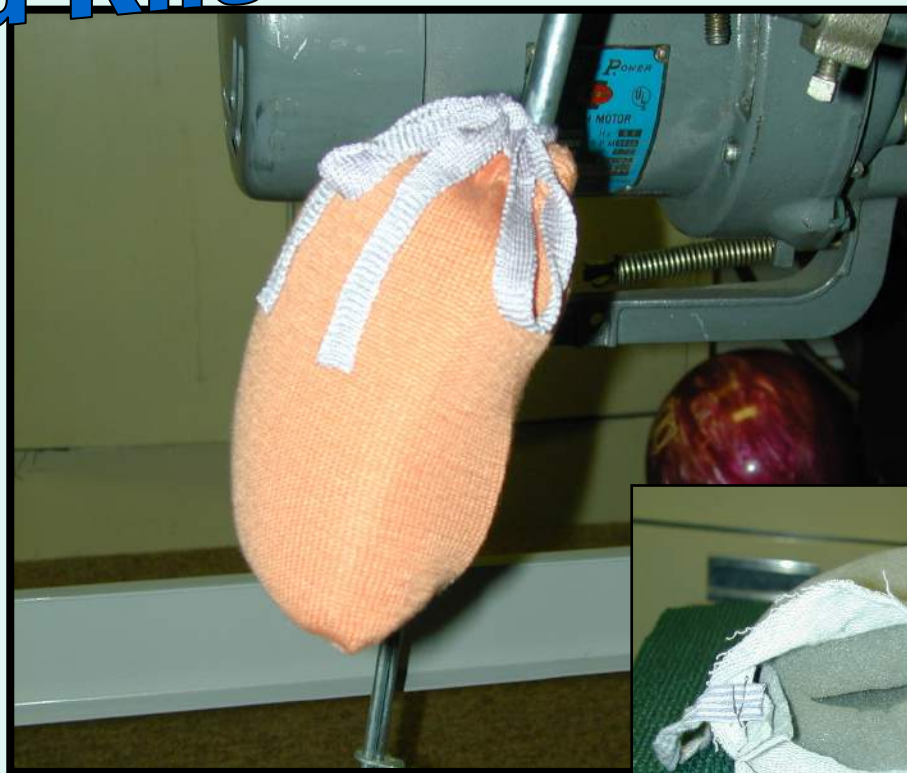
這些盛物小盒擺放有用東西，使你容易取來用。

These storage boxes help you keep the items you use in easy reaching distance.



膝頂加墊

Padded Knee Pads



這些膝頂容易製造。小袋內加入軟墊包住膝頂便成。

These knee pads are easy to make. They use foam inside a simple covering that ties over the knee pedal.

使用正確的摺骨罩

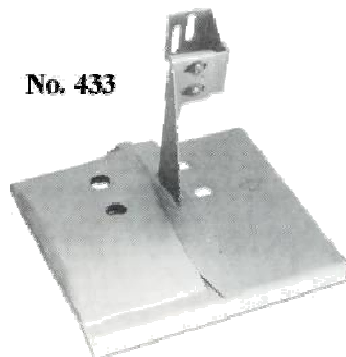
USE THE RIGHT SEAM FOLDERS



No. 430



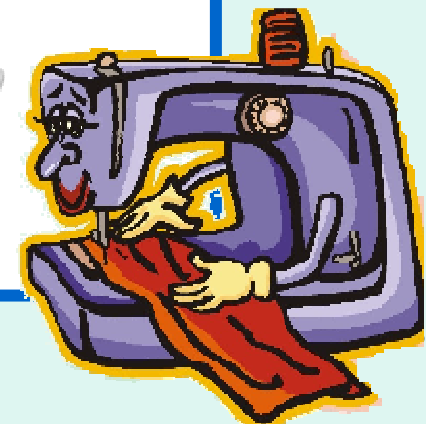
No. 431



No. 433



No. 432



良好照明確有不同！

Good Lighting Makes a Difference!



要肯定已更換了燈泡
Make sure bulbs are
replaced

若妳工作的工廠燈光不好，
便需要更好的光源。

If you work in a factory that is
not well-lit, you may need a
better light source.



成本要多少錢？

How Much Does it cost?

\$175 椅子 Chair

45 衣車面延伸 Table Extension

25 腳踏 Footrest

5 膝頂 Knee pad

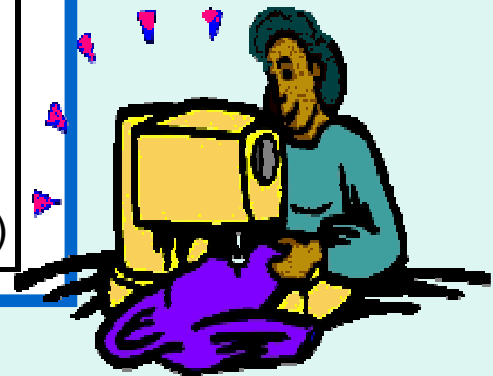
2 防滑料 No-slip Fabric

2 衣車傾斜木塊 Table tilt

1 盛物盒 Storage Box

\$235 合共 TOTAL

(+\$35 燈子若有需要 Light if needed)



我們的健康最有價值！
Our Health is Worth It!



我們團結一起可以扭轉乾坤！
Together We Can Make it Happen!

問題

Questions?

???

謝謝！ Thank You!

這計劃是特別為你而設計：

This project was specially designed for you by:

- ★ 亞裔移民婦女促進社
Asian Immigrant Women Advocates
- ★ 三藩市加大
University of California San Francisco
- ★ 加州健康服務部
California Department of Health Services