

National Central University (NCU)

113s Safety Precautions for Student Activities during Summer Vacation

During the summer vacation, in order to maintain the health and safety of students, the school will strengthen the following reminders of safety precautions to prevent students from getting involved in undesirable places or engaging in work without safety planning, which may lead to accidents:

I. Activity safety

- (a) Indoor activities: First of all, students should choose a safe place and familiarize themselves with the escape routes and equipment. Secondly, students should avoid going to improper places to avoid personal safety problems.
- (b) Outdoor activities: Especially for activities in mountainous areas and waters, risk assessment and safety management should be done properly, and students should be well-prepared and carefully evaluated.
 1. Mountaineers should fully exercise their physical fitness, actively prepare for the work beforehand, form a team structure with high security, and make full preparations before setting out.
 2. When engaging in water activities such as swimming in swimming pools or open water, they should pay attention to the “10 Steps to Prevent Drowning” and the “5 Steps to Rescue Drowning”.
- (c) Prevention of heat-related injuries: Heat-related injuries

are traditionally categorized into heat exhaustion, heat cramps and heat stroke, depending on the severity of the illness. In severe cases, they can lead to heat stroke and multiple organ failure, which has a high mortality rate, but is a preventable disease. The prevention of thermal injuries mainly focuses on the causes and familiarization with cooling measures.

1. Avoid staying outdoors or exercising when the temperature and humidity are high. Adjust rest time and water intake in a timely manner, and do not drink beverages containing sugar, caffeine, or alcohol, which can cause diuresis and dehydration.
 2. Wear loose, breathable, light-colored, easy-to-sweat clothing outdoors in the summer, and wear a wide-brimmed hat or umbrella to insulate yourself from the sun's radiant heat.
 3. The main principle of treatment for patients with thermal injuries is rapid cooling.
- (d) Departmental camps and camp activities: When organizing social groups and departmental camps or camps, students should be asked to pay attention to their speech and behavior to avoid sexual prejudice or discrimination, which may lead to suspected campus sexual assault, sexual harassment, or sexual bullying.

II. Safety at work

Students who work can refer to the Ministry of Labor's "Secrets of Workplace Masters" labor rights education handbook. If they are cheated or mistakenly fall into the trap of job hunting, resulting in damage to their labor

rights and interests, they can call the local labor bureau and ask for professional assistance to save their rights.

- (1) Three Preparations - “Be Sure, Be Suspicious, Be Informed”.
- (b) The Seven No's - “Don't pay, don't buy, don't sign, don't leave your documents, don't work illegally, don't drink, and don't apply for a card.

III. Transportation safety:

Statistics from the Ministry of Education's Center for School Safety show that traffic accidents outside of school are the leading cause of accidents and deaths among students. During the summer vacation, students are reminded to ride safely, not to drink or drive without a license, and to obey all traffic rules for safety.

- (1) Please observe the 5 rules of traffic safety.
 1. Familiarize yourself with the right of way and obey the rules and regulations.
 2. Traffic will be safe only when I can see you and you can see me.
 3. Observe safe space - do not engage in traffic behaviors that are not absolutely safe.
 4. Use the road in an altruistic manner - do not engage in traffic behaviors that impede the safety and convenience of others.
 5. Safe use of the road for both prevention and defense - not to be the cause of accidents or an innocent victim of accidents.
- (B) Riding a bicycle (bicycle, motorcycle, or scooter) safely
 1. Wear a helmet and do not use a hand-held cell phone

while traveling.

2. Do not ride without a license, do not change lanes at will, yield to pedestrians at intersections, and prohibit speeding.
3. Do not lend your motorcycle to anyone without a proper driver's license.
4. When driving, do not race ahead of others, compete for lanes, race to the front, or drive in other dangerous ways.
5. Avoid driving too close to large vehicles or merging with them as they have a large turning radius and a visual dead zone.

(C) Pedestrian Safety

1. Obey traffic signals or police instructions when crossing the road.
2. Do not cross lanes, run red lights, cross guardrails and safety islands, or infringe on the right of way of vehicles.
3. Wear brightly colored and reflective clothing, cross the road at safe intersections, and allow plenty of time.
4. Do not jostle with impatient drivers.

IV. **Residential safety:**

(a) Home fire prevention and electricity safety: Do not panic in case of fire, call out loudly, notify people around you of your location, and take safe refuge, do not hide in closets or under beds and other places that are not easy to find.

(ii) Leasing safety:

1. When using a gas water heater for bathing or a gas stove for cooking, pay attention to the air circulation in the room and corridors. Do not close doors and windows tightly when using the gas heater, or block the ventilation

window by drying clothes, as this may lead to carbon monoxide poisoning due to incomplete combustion of the gas.

2. If you feel unwell, such as dizziness, nausea, drowsiness, etc., you should immediately open the window to the outside to ventilate the room. If you feel seriously unwell, please go to a well-ventilated outdoor environment before calling 119 or asking for help from your relatives or friends (at school) in order to safeguard your own safety.
3. Before going out and going to bed, students should check whether the electricity and gas are turned off to ensure safety.

v. **Campus and Personal Safety**

- (a) To educate students on safety awareness and victimization prevention, when participating in club activities or doing experiments during the summer vacation, do not arrive at school too early or leave school too late, and avoid staying alone in the classroom; always travel with a companion or be accompanied by a family member, and avoid going to remote dead ends of the campus alone to ensure your own safety. Never walk alone through dark alleys or unpopulated places and enter or leave dangerous places.
- (b) If you encounter strangers or find suspicious people inside or outside the school, you should immediately inform your teacher or run quickly to a crowded place or the nearest convenience store and shout loudly to attract other people's attention and seek help. When returning

to your rented apartment at night, you should pay particular attention to the security of the door and suspicious persons. When passing through remote and dark alleys, you should be careful of unknown persons following you, and carry personal protection items such as anti-wolf sprays, whistles, etc., in case of emergency.

vi. **Drug Abuse Prevention**

- (a) Emerging drugs on the market are characterized by exquisite packaging, which tends to lower the vigilance of abusers, and most of them are mixed drugs. In addition, laughing gas (nitrous oxide), commonly known as “balloon inhalation,” can cause damage to central and peripheral nerves, and in severe cases, paralysis of the limbs. In addition, the Environmental Protection Administration (EPA) has included industrial use of laughing gas in the “Chemical Substances of Concern” management of the Poison Control Law, and overdose will jeopardize human health.
- (b) During the summer vacation, you should maintain a normal and regular lifestyle, do not rely on medication to refresh yourself, do not use drugs that are not prescribed by a medical practitioner, and refuse addictive substances. When attending gatherings and activities, you must be vigilant and do not casually accept items and drinks from strangers, so as to be law-abiding, self-disciplined, and to make the right choices in order to prevent yourself from being tempted by your peers and people outside the school.
- (c) If you are unfortunate enough to be exposed to drugs by

mistake, please contact your school teacher for assistance. The encouragement and support of your school and family members is the best support to help you get rid of your dependence on drugs.

- (d) In order to prevent drug abuse from jeopardizing school safety, teachers and principals are encouraged to pay more attention and provide information to assist the police in investigating and combating drug abuse on campus and in the community, so as to create a “healthy school”.

VII. Fraud Prevention

- (1) Do not click on unknown SMS websites to avoid cell phone poisoning being used as a springboard to spread SMS everywhere, which will give criminals an opportunity to take advantage of the situation. And to establish the concept of safe use of smartphones, please be cautious and vigilant when using Internet chatting APPs (such as Line), and do not leak your account number and password, which can be stolen and used by criminals to commit fraud and become a victim of fraud.
- (2) Criminals often use the micro-payment mechanism to carry out frauds. Students are advised to apply to the telecommunication company to disable the micro-payment function of their cell phones and not to receive SMS messages on their behalf.
- (c) To avoid becoming a victim of fraudulent kidnapping or fake incidents (traffic accidents, hospitalization), students should remember the 3 steps of anti-fraud: “stay calm”, “check the evidence carefully”, “report to the police

immediately or call the 165 Anti-fraud Hotline” for assistance.

- (d) Students should make good use of the security settings of communication software to reduce the chance of being stolen. In addition, when students or their family members receive messages from relatives or friends using communication software to borrow money, they should contact the other party in person or by phone, and should not remit money hastily without confirming the authenticity of the message, so as to avoid being deceived.

VIII. Prevention of Internet Gambling

Avoid falling into traps or engaging in other deviant behaviors due to Internet temptations. Do not access Internet content that is harmful to your body and mind, and if you are involved in Internet gambling, you should seek assistance from your school teachers or parents.

IX. Crime Prevention

- (1) Do not engage in illegal activities such as car racing, theft, selling illegal CD-ROM software, joining criminal organizations or engaging in sex trade (compensated dating), spreading illegal rumors that affect public peace, illegally uploading inappropriate videos, hacking into other people's websites and stealing or tampering with data, etc. Students are urged to raise their awareness of Internet use and respect their privacy rights to avoid falling into the net of justice.
- (b) Game guns: In recent years, game guns are easy to buy

on the market, but if they are used improperly, they can easily cause injuries, so don't play with or buy game guns at will.

X. Promote information literacy and ethics education

In recent years, there has been a gradual increase in the number of illnesses caused by over-indulgence in playing cell phone games, especially to the neck, shoulders, wrists and eyes. Students should engage in more outdoor activities or diversified leisure activities, avoid over-reliance on 3C products, and develop a healthy habit of surfing the Internet.

References and websites

1. Central Epidemic Command Center:
<https://www.cdc.gov.tw>
2. Student Water Sports Safety Website:
<http://www.sports.url.tw/index.html>.
3. Official website of the Ministry of Labor:
<https://www.mol.gov.tw>
4. "RICH Workplace Experience Website" of Youth Development Department: <https://rich.yda.gov.tw>
5. Ministry of Transportation and Communications (MOTC) Road Safety Council "168 Traffic Safety Portal":
<https://168.motc.gov.tw/>
6. Ministry of the Interior, Fire Department website:
<https://www.nfa.gov.tw/cht/index.php?code=list&ids=301>
7. Home Electricity Safety - Taiwan Power Company (Electricity Living Center) website:

https://www.taipower.com.tw/tc/news_noclassify.aspx?mid=323

8. Ministry of Education's Drug Abuse Prevention Resources for Students: <http://enc.moe.edu.tw/>)
9. Drug Hazards: Family Education Centers in counties and cities (Consultation Line: 412-8185)
10. Drug Hazard Prevention and Control Centers (Drug rehabilitation toll-free hotline: 0800-770-885).
11. "165 All People Against Deception" website announcement information site:
<http://www.165.gov.tw/index.aspx>
12. Ministry of Health and Welfare, National Health Service - Do Not Neglect Thermal Injuries (hpa.gov.tw)

School Safety Center

03-2805666 0911-949630

03-4227151 ext:57212;

Campus Police

03-4227151 ext:57119, 57110;

Student Dormitory

Male 0919-019564

Female 0919-019964

Best regards,

The Office of Student Affairs