Fire classifi

(Source: Nantou County Government Fire Department).

category	name	illustrate
Class A fires	Ordinary Fire	Fires in ordinary combustible materials such as wood products, paper fibers, cotton, cloth, synthetic resins, rubber, plastics, etc. Usually this is the case with fires in buildings.
Class B fires	Oil fires	Fires occurring in combustible liquids such as petroleum, or flammable gases such as ethane gas, acetylene gas, or flammable greases such as coatings.
Class C fires	Electrical fires	Fires caused by electrical equipment involving electrification, such as electrical appliances, transformers, wires, switchboards, etc.
Class D fires	Metal fires	Active metals such as magnesium, potassium, lithium, zirconium, titanium and other water-free substances Fire caused by mass burning.

The dangers

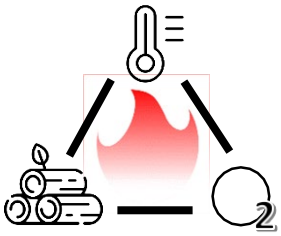
ccurs, the harm to the human body can be attributed to three aspects.

(Source: Nantou County

smoke	When a fire occurs, it is often accompanied by a large amount of thick smoke, which is accompanied by a large amount of toxic gases in addition to the carbon particles, residues and residuals produced in the combustion.
fire	In general, fire is the main cause of burns in fires. However, it is usually the indirect cause of human casualties.

high temperature	In a fire, a large amount of heat released by the combustion of a substance is absorbed by the air of the fire field, resulting in a high temperature environment.

Burn the



To cause combustion, three necessary conditions must be met: flammable substances (flammable substances), oxygen (air, etc.), heat energy (temperature), commonly known as

Countermeasures

report

When a fire is detected, the police should be immediately

fire suppression

At the beginning of the fire source, the use of the nearest fire extinguishing equipment engaged in fire

escape

When escaping, be sure to stay calm, don't panic, and don't delay the escape in order to carry valuables

Fire extinguishers are suitable for small fires in the early stages of fire, if the fire extinguishing fails, please run away immediately.

Prevent

fires

1. Keep your surroundings clean and tidy and remove waste regularly.
2. Correct use of high-temperature equipment, but overloaded use.
3. Electrical plugs must be plugged in firmly and not loosened, so as to avoid sparks igniting nearby items.

4. Implement the maintenance, maintenance and overhaul of machinery and equipment.
5. Use fire sources carefully and do not use them where fireworks are strictly prohibited.
6. Please make it a habit to extinguish the cigarette butt and do not discard it arbitrarily.
7. After work or leaving the experimental (xi) place, the power, water source and air conditioning equipment should be turned off.

Office Shock Hazard and Prevention

preface

Since human beings understand the use of electricity, with the development of science and technology, various equipment and devices have brought more progress and convenience to life, but at the same time, invisible currents are often caused by equipment, environment or man-made factors such as inductive, arc burns, electrical fires, and lightning strikes and so on, and damage to life, health and property equipment. Although the voltage used here is only 110V or 220V, it is also the voltage that most often occurs, so we must also pay more attention and care when using these electrical appliances in the office to avoid the loss of people or property caused by electrical disasters.

Power generation system process (Source: Taiwan Electric Power Corporation).

Office Shock Hazard and Prevention

Type of electrical

Do you know what harms can be caused if you use electricity carelessly?

If you are not careful to use electricity, it may cause wire misfire, fire, electric shock, etc Hazards, causing harm to life and health and damage to property equipment.

Improper use	1. Improper Use 2. Poor exposure 3. Dirt conducts electricity 4. Overloaded use 5. electrostatics
Inductive	1. The environment is humid 2. Poor wire insulation 3. The wires are broken and exposed 4. Abnormal electrical leakage of equipment

Office Shock Hazard and Prevention

Use a small ding-dong

1. The power cord is carefully stowed to avoid stepping on, rolling, or causing unnoticed damage.
2. Non-qualified electrical technicians shall not arbitrarily install and repair electrical equipment.
3. Office appliances mostly power sockets, and one socket uses too many extension cords, which is easy to cause excessive current flow, causing heat and causing fire. It shall not be used in

preface

The application of computers is becoming more and more common, and life such as life information networks and computer games are closely related to computers. In fact, the use of computers provides great help for people's work and life, but long-term operation of computers may have a negative impact on human health, and its potential main hazards can be summarized into the following three items:



The harm of improper use of the computer

1. Local musculoskeletal burden

- Computer work is a static work, long-term operation of the computer height coupled with a fixed posture,

2. The burden of visual function

- Work in front of the computer's display screen for a long time, without rest; The eyes will feel tired. In addition, sometimes in order to avoid reflection on the computer screen, take an unnatural posture to

3. Work stress and burden on the neuropsychiatric system

- Computer work is a monotonous, repetitive task; It's easy to make the operator feel tired. If a large number of and frequent operational requirements are required, it will increase the mental stress of the

Computer work hazards and prevention

Use the correct posture of the computer

Watch the screen

Display the placement of the screen, with the operator to maintain between 60-70 cm is better. The angle at which the operator looks at the screen. A comfortable viewing angle should be between 10-20 degrees below the eye level, while the screen and line of sight should be 90 degrees better, so that the neck posture can avoid overextending or flexion.

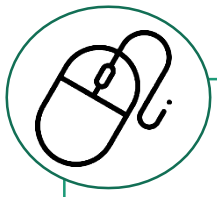
Keyboard Import

Show that the tilt of the keyboard should be adjusted to a moderate input angle, and the overly inclined keyboard will cause the wrist to be overflexed; Cause strain. The ideal keyboard tilt should be 10 degrees or less to maintain the correct operating posture of the wrist.



Sitting posture

When operating the computer, pay attention to the sitting posture to keep straight; Avoid a twisted sitting position and make good use of the backrest to support the load of the lower back. In



Mouse placement

The mouse should be placed close to avoid

Use the computer in addition Rest and stretching are also



1. After a period of work, appropriate rest should be arranged to relieve fatigue caused by continuous keyboard operation.
2. If you watch the display screen for a long time, you can intermittently look at the scenery to relieve eye fatigue, and you can also do some eye exercises to help.
3. Stretch the muscles of the neck, shoulders, back and hands to relieve