



## THEi Fitness Room User Guide 香港高等科技教育學院健身室使用守則

(Applicable to Fitness Room at Chai Wan Campus: Room N036 / N038)  
(適用於柴灣分校內之健身室：N036 / N038 室)

### Safety Precautions 安全守則:

1. Users having any of the following diseases should consult their doctor before using Fitness Room:  
如使用者有下列症狀，請使用健身室前諮詢醫生：
  - 1.1 Heart disease 心臟病
  - 1.2 Diabetes 糖尿病
  - 1.3 Hypertension 高血壓
2. Stop immediately if suffer any of the following symptoms appear:  
如在運動期間出現下列症狀，請立即停止活動：
  - 2.1 Dizziness 暈眩
  - 2.2 Nausea 噁心
  - 2.3 Chest pain 胸口痛
  - 2.4 Abnormal breathing 不規律之呼吸
  - 2.5 Continuous soreness of muscle or joint 肌肉或關節持續疼痛
3. Any injuries or accidents must be reported to the duty officer in Fitness Room immediately.  
如遇有使用者於活動期間發生意外或受傷，請立即向健身室值班人員報告。
4. First-aid kit is available at the Fitness Room. The AED is placed at the Security Room.  
健身室內放有急救箱備用。自動體外心臟除顫器放置在保安室。

### Notes 注意事項:

1. All users must be abided by the rules and regulations of the Fitness Room. The department reserves the right to suspend their rights on entering the Fitness Room.  
所有使用者必須嚴格遵守本規則。如有違反，本學系有權停止其使用權利。
2. The department accepts no liability for any accidents or injuries incurred during participation in fitness activities in the Fitness Room.  
任何人仕因健身活動而引致的意外及損傷，本學系概不負責。
3. English version of these rules and regulations shall prevail whenever there is any discrepancy between the English and Chinese versions.  
本使用守則以英文版本為準。