

康樂及文化事務署
Leisure and Cultural Services Department

全年制全職救生員
Full-year full-time Lifeguard

技能測試內容
Contents of Trade Tests

全年制全職救生員的考核分為遴選面試及技能測試兩部份。

The assessment of Full-year full-time Lifeguard [FYFT LG] consists of two parts viz. selection interview and trade tests.

第一部分：遴選面試 **Part I : Selection Interview**

第二部分：技能測試 **Part II : Trade Tests**

如申請人在下列任何一個項目未能取得及格分數，將不獲本署考慮聘用為全年制全職救生員。

If an applicant fails to get a passing score in any of the following items, he or she will not be considered for appointment as FYFT LG.

體能測試 **Physical Fitness Test**

● 搬運傷者測試 Towing test	搬運救生假人至 10 公尺點 Tow a dummy and walk for 10 metres
● 游泳測試 Swimming test	以一向前泳式於 50 秒內游畢 50 公尺 Swim 50 metres within 50 seconds

拯救及急救技術測試 **Life-saving and First-aid Skill Test**

● 拯救法測試 Rescue test	考畢游泳測試後需以仰頭泳式再游約 10 公尺，然後下潛至泳池底部搜尋一個沉於泳池底之模擬遇溺者假人，並以橫胸拖救法把假人溺者拖游至少 25 公尺 After the swimming test, swim about 10 metres and dive into the bottom of the swimming pool to search for a drowning victim and then tow the drowning victim using cross chest tow for at least 25 metres
● 基本生命支援術測試 Basic Life Support (BLS) test	以假人模型當作昏迷遇溺者，使用急救器材示範施行單人基本生命支援術 Undergo a BLS test by using first-aid equipment and a drowning victim in an unconscious state
● 對遇溺者嘔吐的處理、復原臥式及還原遇溺者 Action for vomit, recovery position and restoring a drowning victim	以假人模型當作模擬遇溺者。申請人須示範如何處理模擬遇溺者嘔吐的情況，並輔以口述方式加以說明 Candidate has to perform action for vomit and recovery position, etc. for the drowning victim with the help of verbal instructions