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

技工（泳灘／泳池）
Artisan (Beach/ Swimming Pool)

技能測試內容
Contents of Trade Tests

技工（泳灘／泳池）的考核分為遴選面試及技能測試兩部份。
The assessment of Artisan (Beach/ Swimming Pool) [Ar(B/SP)] 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，或於任何一項重要技術未達準則，將不獲本署考慮聘用為技工（泳灘／泳池）。**有關技能測試詳情，請瀏覽本署招聘網頁（連結：https://www.lcsd.gov.hk/tc/aboutlcsd/jobs/lifeguard/videos.html）或掃描下列二維碼以觀看有關測試項目之介紹短片。**
If an applicant fails to get a passing score in any of the following items, or cannot meet the required standard for important skills, he or she will not be considered for appointment as Ar(B/SP). **For details about the trade tests, please browse the LCSD recruitment website (Link: https://www.lcsd.gov.hk/en/aboutlcsd/jobs/lifeguard/videos.html) or scan the QR codes below for viewing the introductory videos on the relevant test items.**

	體能及拯救技術測試 Physical Fitness and Life-saving Test	介紹短片連結 Links to Introductory Videos
● **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	
● **拯救法測試** **Rescue test**	考畢游泳測試後需隨即以仰頭泳式再游約 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 immediately 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	https://www.youtube.com/watch?v=H0sSWDxyBro
● **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	https://www.youtube.com/watch?v=iL9m8VLb0_E

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	救生技術測試 **First-aid Skill Test**	介紹短片連結 **Links to Introductory Videos**
● **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	https://www.youtube.com/watch?v=kJI9hs9BLPE
● **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**	兩名申請人一組，一個擔任救生員，另一個扮演遇溺者。擔任救生員的申請人須示範如何處理擔任遇溺者的申請人嘔吐的情況，完成後角色互換，並再次進行測試 Two applicants in a group. One of them as lifeguard while the other as drowning victim. The lifeguard applicant has to perform action for vomit and recovery position, etc. for the drowning victim applicant. The two applicants swap the roles and undergo the test again	https://www.youtube.com/watch?v=buD23M_-9t4