

銘傳大學台北校區 110 年度「國家防災日」地震避難掩護演練

Ming Chuan University 2021 National Disaster Prevention Day:

Earthquake Drill on Taipei Campus

- 一、 演練時間：110 年 10 月 04 日(星期一)下午 13 時 20 分，上課中各教室師生實施 1 分鐘地震防災演練，後續於原教室收視防災宣導影片。

Drill Time: Teachers and students in each classroom should participate in the 1-minute earthquake drill at 1:20 pm, October 4, 2021 (Monday). Please watch the disaster prevention video in your classroom after the drill.

- 二、 演練對象：台北校區全體師生。

Drill Participants: All faculty members and students on Taipei Campus.

- 三、 演練重點：Drill Focus

(一) 實施 1 分鐘地震避難掩護動作（演練程序及注意事項如附件）。

1 minute for implementation (Related procedures and notices are in Appendix for reference).

(二) 地震稍歇，請各班任課老師協助於原教室收視防災影片。

After the earthquake drill, faculty members are to please assist students

in their classroom to watch the disaster prevention video.



地震避難 3 步驟(趴下 Drop、掩護 Cover、穩住 Hold on)



身心障礙者地震避難 3 步驟(固定 Lock、掩護 Cover、穩住 Hold on)

資料來源：內政部

Photo Credit: Ministry of the Interior

(海報內容描述:) Poster Content Description:

地震避難 3 步驟

3 Earthquake Sheltering Steps

1. 趴下 2. 掩護 3. 穩住

1. Drop 2. Cover 3. Hold on

身心障礙者地震避難 3 步驟

3 Earthquake Sheltering Steps for People with Disabilities


1. 固定 2. 掩護 3. 穩住

1. Lock 2. Cover 3. Hold on

銘傳大學 110 年度國家防災日地震避難掩護演練程序及注意事項

Ming Chuan University 2021 National Disaster Prevention Day:
Procedures and Notices for Earthquake Drill on Taipei Campus

步驟 No.	演練階段 劃分 Drill steps	演練時間 Time	師生應有作為 Faculty Members' and Students' Behavior	注意事項 Notices
一 1	地震發生前 Before Earthquake	10 月 04 日 13 時 20 分 59 秒前 Before 13:20:59 on October 04	依表定課程正常上課。 Follow schedule and continue class	1. 完成廣播系統測試。 2. 13:10 學務人員至各教室發地震避難掩護演練相關資料。(務必 13:15 前完成) 3. 各班選定一名代表拍攝該班演練照片。(演練結束後學務人員會至各教室收地震避難掩護演練紀錄表) 1. Complete the broadcasting system testing. 2. At 13:10, Student Affairs Division staff should distribute related information of Earthquake Sheltering and Evacuation Drill. (Process completed before 13:15). 3. Representative in each class should assist with taking photos during the drill period. (Afterwards, Student Affairs Division staff will collect all the records of Earthquake Sheltering and Evacuation Drill.)
二 2	地震發生 (以廣播方式發布) During Earthquake (simulated via broadcast)	10 月 04 日 13 時 21 分 October 04 13:21	師生立即就地避難掩護(立即執行趴下、掩護與穩住動作)。 All faculty members and students should immediately shelter in place. (1. Drop 2. Cover 3. Hold on)	1. 廣播內容:「學務處報告,地震避難掩護演練開始,請所有師生立即就地避難掩護!」(2次) Broadcast Content: This is an emergency broadcast from Student Affairs Division: The Earthquake Sheltering and Evacuation Drill is now beginning; all faculty members and students please immediately shelter in place. 2. 地震時請保持冷靜,立即就地避難。 Stay calm during the earthquake period and shelter in place. 3. 確實保護頭部及身體,避難的地點優先選擇

				<p>桌子下、柱子旁或水泥牆壁邊。 Make sure to protect your head and body; the recommended shelter locations are space under tables, space next to pillar or next to concrete wall.</p> <p>4. 躲在桌下時，應以雙手緊握住桌腳。 Hands should hold table foot while sheltering under a table.</p> <p>5. 地震避難掩護三要領：趴下、找掩護、抓住桌腳，直到地震結束。 3 Earthquake Sheltering Steps: Drop, Cover, Hold on, and wait until the earthquake stops.</p>  <p>圖示來源:內政部 Graphic Image Courtesy of Ministry of the Interior</p> <p>6. 請任課老師提醒及要求同學避難掩護動作要確實，不可講話及驚叫。 Faculty members, please remind all the students to take the accurate sheltering action; no talking or screaming during the drill period.</p>
<p>三 3</p>	<p>地震稍歇 (以廣播方式發布) Earthquake Pauses (simulated through the broadcast)</p>	<p>10月04日 13時22分 October 04 13:22</p>	<p>1. 各班任課老師請協助完成「地震避難掩護演練紀錄表」填報。 Faculty members should complete the form of Earthquake Sheltering and Evacuation Drill.</p> <p>2. 防災影片結束</p>	<p>1. 廣播內容：「學務處報告，地震稍歇，請於原教室收視防災宣導影片」(2次) Broadcast Content: Earthquake pauses. Please watch the disaster prevention video in your classroom.</p> <p>2. 廣播內容：「學務處報告，地震避難掩護演練結束，請各班完成防災宣導後，依表定課程正常上課。」(2次) Broadcast Content: This is a broadcast from Student Affairs Division: The Earthquake Sheltering and Evacuation Drill is finished. Once all drill procedures are completed, faculty members and students can continue classes as scheduled.</p> <p>3. 演練結束後，請各班確實填寫「地震避難掩護演練紀錄表」，交由各疏散地點學務人員</p>

			<p>後,按照當天的課程安排,繼續上課。。</p> <p>After watching the disaster prevention video, please continue the class as planned for that day.</p>	<p>(或學務處軍訓室)收回。</p> <p>Each class should complete the forms of Earthquake Sheltering and Evacuation Drill and submit to Student Affairs Division (or Military Training Office) staff members at each evacuation location.</p> <p>4. 敬請佩戴口罩。謝謝!</p> <p>Please wear a face mask. Thank you!</p>
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