

高雄醫學大學異常工作負荷促發疾病預防計畫

Kaohsiung Medical University

Overwork-induced Disease Prevention Plan

108.04.15 107 學年度第 3 次環保暨職業安全衛生委員會議通過
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January 7, 2022 Amended and passed by the 2nd Environmental Protection, Occupational Safety and Health Committee Meeting of the Academic Year 2021

壹、法令依據

Article 1 Legal Basis

一、職業安全衛生法第 6 條第 2 項。

1. Article 6, Paragraph 2 of the Occupational Safety and Health Act.

二、職業安全衛生法施行細則第 10 條

2. Article 10 of the Enforcement Rules of the Occupational Safety and Health Act.

三、職業安全衛生設施規則第 324 條之 2。

3. Article 324-2 of the Regulations for the Occupational Safety and Health Equipment and Measures.

貳、目的

Article 2 Purpose

腦心血管疾病長期以來為國內十大死因一，本校為避免教職員工因工作過度勞累或輪班、夜間工作、長時間工作及其他異常工作負荷促發腦心血管疾病，特訂定預防計畫並採取相關安全衛生及管理措施，以達到過勞與壓力預防之目的，維護教職員工身心健康。

Cerebrovascular and cardiovascular diseases have long been one of the top ten causes of death in Taiwan. Kaohsiung Medical University (KMU) formulates this prevention plan and adopts relevant safety and health management measures to prevent faculty and staff from developing cerebrovascular and cardiovascular conditions due to overwork, shift work, night work, long working hours, or other abnormal workloads, and hence achieve the goal of preventing overwork and stress, thereby safeguarding the physical and mental health of our faculty and staff.

參、適用對象

Article 3 Applicability

本校全體教職員工，屬於下列工作者尤應注意異常工作負荷促發疾病預防：
All faculty and staff at KMU, particularly those engaged in the following types of work, should be mindful of preventing diseases induced by abnormal workloads:

一、輪班工作：指該工作時間不定時輪替可能影響其睡眠之工作，如工作者輪換不同班別，包括早班、晚班或夜班工作。

1. Shift work: It refers to work with rotating schedules that may affect sleep, such as workers who alternate between different shifts, including morning, evening, or night shifts.

二、夜間工作：參考勞動基準法之規定，為工作時間於午後十時至翌晨六時內，可能影響其睡眠之工作。

2. Night work: According to the Labor Standards Act, it refers to working hours between 10:00 PM and 6:00 AM, which may affect sleep.

三、長時間工作：參考「職業促發腦血管及心臟疾病(外傷導致者除外)之認定參考指引」，係指下列情形之一者：

3. Long working hours: According to the Guidelines for Identifying Work-induced Cardiac and Cerebrovascular Diseases (except those caused by trauma), it refers to any of the following circumstances:

(一)一個月內加班時數超過 100 小時。

(1) Overtime work exceeding 100 hours in a month.

(二)二至六個月內，月平均加班時數超過 80 小時。

(2) Average monthly overtime work exceeding 80 hours in 2 to 6 months.

(三)一至六個月，月平均加班時數超過 45 小時。

(3) Average monthly overtime work exceeding 45 hours in 1 to 6 months.

四、其他異常工作負荷：不規則的工作、經常出差的工作、工作環境(異常溫度環境、噪音、時差)及伴隨精神緊張之日常工作負荷與工作相關事件。

4. Other abnormal workloads: Irregular work schedules, frequent business trips, work environments (with abnormal temperatures, noise, or time zone differences), and daily workloads and work-related incidents accompanied with mental stress.

肆、權責單位

Article 4 Responsible Units

單位/人員 Unit/Personnel	配合及執行內容 Content of coordination and implementation work
雇主 Employer	一、異常工作負荷(輪班工作、夜間工作、長時間工作、其他異常工作等)促發疾病之預防。 1. Prevention of overwork-induced diseases (such as shift work, night work, long working hours, and other abnormal work conditions). 二、支持及協調本校各單位共同推動本計畫。 2. Support and coordinate with all KMU units to jointly promote this Plan.

<p>職業衛生護理師 Occupational Health Nurse</p>	<p>一、規劃擬定並推動及執行異常工作負荷預防計畫。 1. Plan, develop, promote, and implement the overwork prevention plan.</p> <p>二、高風險群辨識及評估： 2. Identification and assessment of high-risk groups: 透過健康檢查資料及個人風險因子評估工具，分析及篩選出高風險群，進行個案管理。 Analyze and identify high-risk groups through the health examination data and personal risk factor assessment tools, and perform case management.</p> <p>三、促發疾病預防及控制： 3. Prevention and control of overwork-induced diseases: (一)安排高風險者與臨場健康服務醫師進行面談。 (1) Arrange face-to-face consultation with an on-site health service physician for high-risk individuals. (二)健康指導。 (2) Health guidance. (三)健康管理。 (3) Health management.</p> <p>四、將醫師建議(工作調整、環境改善等)提供相關人員(人力資源室(以下簡稱人資室)、單位主管、職業安全管理師等)知悉，並協請相關單位及人員進行後續保護措施。 4. Inform the relevant personnel, including the Human Resources Office (HR Office), heads of units, and occupational safety management specialists of the physician's recommendations (such as work adjustments, environmental improvements, etc.), and coordinate with the relevant units and personnel to implement follow-up protective measures.</p> <p>五、紀錄管理及留存備查。 5. Keep and manage records for future reference.</p>
<p>職業安全管理師 Occupational Safety Management Specialist</p>	<p>一、參與並協助異常工作負荷預防計畫之推動及執行。 1. Participate and assist in the promotion and implementation of the overwork prevention plan.</p> <p>二、辨識及評估工作環境曝露風險及作業危害引起之異常工作負荷。 2. Identify and assess abnormal workloads caused by exposure risks and operational hazards in the work environment.</p> <p>三、依風險評估結果，進行作業現場環境改善及員工個人防護具使用指導。 3. Improve the work environment and provide employees with guidance on the use of personal protective equipment based on the risk assessment results.</p>

<p>臨場健康服務醫師</p> <p>On-site Health Service Physician</p>	<p>一、參與並協助異常工作負荷預防計畫之推動及執行。</p> <p>1. Participate and assist in the promotion and implementation of the overwork prevention plan.</p> <p>二、協助辨識及評估工作型態及環境曝露風險引起之異常工作負荷。</p> <p>2. Assist in the identification and assessment of abnormal workloads caused by work types and exposure risks in the environment.</p> <p>三、依風險評估結果，進行健康指導，並提供工作調整、環境改善或其他健康保護措施之建議。</p> <p>3. Provide health guidance and offer recommendations for work adjustments, environmental improvement, or other health protection measures based on the risk assessment results.</p>
<p>人資室</p> <p>Human Resources Office</p>	<p>一、參與並協助異常工作負荷預防計畫之推動及執行。</p> <p>1. Participate and assist in the promotion and implementation of the overwork prevention plan.</p> <p>二、必要時協助提供及調查教職員工工作工時。</p> <p>2. Assist in providing information on and investigating the work hours of faculty and staff when necessary.</p> <p>三、協助異常工作負荷高風險工作者進行工時管控。</p> <p>3. Assist in implementing work hour control for workers with a high risk of overwork.</p> <p>四、教職員工工作輪替、縮短工作時間及變更工作內容之溝通與協調。</p> <p>4. Engage in communication and coordination of the rotation of duties, reduction of work hours, and changes in job contents for faculty and staff.</p>
<p>各單位主管</p> <p>Heads of Units</p>	<p>一、依職權指揮、監督、協調及配合異常工作負荷促發疾病預防計畫之實施。</p> <p>1. Command, supervise, coordinate, and cooperate in the implementation of the overwork-induced disease prevention plan according to one's authority.</p> <p>二、協助經醫護人員評估為健康高風險者進行工時管控、工作調整。</p> <p>2. Assist in the work hour control and work adjustment for individuals with a high health risk as assessed by the medical personnel.</p> <p>三、配合作業現場環境改善措施之執行。</p> <p>3. Cooperate in the implementation of measures to improve the work environment.</p>
<p>工作者</p> <p>Workers</p>	<p>一、配合本計畫填寫健康量表問卷。</p> <p>1. Complete the health survey questionnaire as part of this Plan.</p> <p>二、配合進行健康危害評估及自我保護措施。</p> <p>2. Participate in the health hazard assessment and implement self-protection measures.</p>

	三、調整或縮短工作時間及變更工作措施之配合。 3. Cooperate in adjusting or shortening one's work hours and measures of work change.
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伍、計畫內容

Article 5 Content of the Plan

一、個人健康風險之辨識及評估

1. Identification and assessment of personal health risks

職業衛生護理師彙整健康檢查資料並以中華民國心臟學會公布之「**Framingham Risk Score** (佛萊明漢) 危險預估評分表」(附件一)，依年齡、膽固醇、高密度膽固醇、血壓、糖尿病、吸菸六大指標並運用勞動部開發之健康管理工具(**we care**)推估出未來十年內可能罹患心血管疾病機率，並依照「**WHO** 十年內心血管疾病風險程度表」(表 A)，將其風險程度分級。

The occupational health nurse shall compile the health examination data and use the "Framingham Risk Score" (Appendix 1) published by the Taiwan Society of Cardiology to estimate individuals' probabilities of developing cardiovascular diseases in the coming 10 years based on the six key indicators — age, cholesterol level, high-density lipoprotein cholesterol, blood pressure, diabetes, and smoking — along with the "We Care" health management tool developed by the Ministry of Labor. The risk levels shall then be classified according to the WHO 10-Year Cardiovascular Disease Risk Scores (Table A).

表 A WHO 十年內心血管疾病風險程度表

Table A WHO 10-Year Cardiovascular Disease Risk Scores

十年內心血管疾病風險 Cardiovascular Disease Risk in 10 Years	風險程度 Risk Level
$\leq 9\%$	低度風險 Low risk (0)
10%-19%	中度風險 Moderate risk (1)
$\geq 20\%$	高度風險 High risk (2)

註：() 代表評分。

Note: Numbers in () mean the scores.

二、工作負荷風險之辨識及評估

2. Identification and assessment of workload risks

(一)實施教職員工工作負荷及工時調查，請教職員工填寫「健康量表問卷」(附件二)，評估自我工作負荷情形(包含「個人相關疲勞」、「工作相關疲勞」及「月加班時數」、「工作型態」狀況)。

(1) Conduct a survey of workloads and work hours of faculty and staff, and ask them to complete the Health Survey Questionnaire (Appendix 2) to assess their self-reported workload conditions, including “personal-related fatigue,” “work-related fatigue,” “monthly overtime work,” and “work type.”

(二)依個人相關疲勞分數、工作相關疲勞分數、月加班時數、工作型態並依據「工作負荷量表與工時風險程度表」(表 B)綜合評估其工作負荷風險，四種負荷等級不同時，選擇較嚴重者。

(2) Comprehensively assess one’s workload risks based on the scores of personal-related fatigue, work-related fatigue, monthly overtime work, and work type, and using the Workload Scale and Work-Hour Risk Levels (Table B). When there are differing levels across the four types of load, the more severe level should be chosen.

表 B 工作負荷量表與工時風險程度表

Table B Workload Scale and Work-Hour Risk Levels

	個人相關疲勞分數 Personal-related fatigue score	工作相關疲勞分數 Work-related fatigue score	月加班時數 Monthly overtime work hours	工作型態 Work type
低負荷(0) Low load (0)	< 50 分：過勞程度輕微 < 50: Mild overwork	< 45 分：過勞程度輕微 <45: Mild overwork	< 45 小時 <45 hours	0-1 項 0-1 item
中負荷(1) Moderate load (1)	50-70 分：過勞程度中等 50-70: Moderate overwork	45-60 分：過勞程度中等 45-60: Moderate overwork	45-80 小時 45-80 hours	2-3 項 2-3 items
高負荷(2) High load (2)	> 70 分：過勞程度嚴重 > 70: Severely overwork	> 60 分：過勞程度嚴重 >60: Severely overwork	> 80 小時 > 80 hours	≥4 項 ≥4 items

註：() 代表評分。

Note: Numbers in () mean the scores.

(三)將個人十年內心血管疾病風險及工作負荷風險依據「異常工作負荷促發疾病風險等級表」(表 C)並運用勞動部開發之健康管理工具 (we care)進行評分及風險分級。

(3) Assess individual cardiovascular disease risk in 10 years and workload risk according to the Overwork-Induced Disease Risk Levels (Table C) and using the "We Care" health management tool developed by the Ministry of Labor for scoring and risk classification.

1.低度風險：0。

i. Low risk: 0

2.中度風險：1、2。

ii. Moderate risk: 1, 2

3.高度風險：3、4。

iii. High risk: 3, 4

表 C 異常工作負荷促發疾病風險等級表

Table C Overwork-Induced Disease Risk Levels

異常工作負荷促發疾病風險等級 Overwork-induced disease risk level		工作負荷風險 Workload risks		
		低負荷 (0) Low load (0)	中負荷 (1) Moderate load (1)	高負荷 (2) High load (2)
十年內心血管 疾病風險 10-Year cardiovascular disease risk	≤9% (0)	0	1	2
	10%-19% (1)	1	2	3
	≥20% (2)	2	3	4

註：() 代表評分。

Note: Numbers in () mean the scores.

(四)依據「危害分級與面談建議表」(表 D)，安排教職員工進行臨場健康服務醫師面談及評估。

- (4) Arrange face-to-face consultation with and evaluation by the on-site health service physician for faculty and staff based on the Hazard Classification and Consultation Recommendation Scale (Table D).

表 D 危害分級與面談建議表
Table D Hazard Classification and Consultation Recommendation Scale

異常工作負荷促發疾病風險等級 Overwork-induced diseases risk level		醫師面談建議 Recommendation for consultation with physician
低度風險 Low risk	0	不需諮詢 No need for consultation
中度風險 Moderate risk	1	不需諮詢 No need for consultation
	2	建議諮詢 Consultation recommended
高度風險 High risk	3	需要諮詢 Need consultation
	4	需要諮詢 Need consultation

陸、促發疾病預防及控制

Article 6 Prevention and Control of Overwork-induced Diseases

一、醫師面談及健康指導

1. Consultation with physician and health guidance

(一)實施者：臨場健康服務醫師及職業衛生護理師。

(1) Executors: On-site health service physicians and occupational health nurses

(二)指導場所：圖書館討論室或其他具隱私之場所。

(2) Place for guidance service: Discussion room in the library or other venues that ensure privacy.

(三)指導對象：

(3) Target audience:

1.職業衛生護理師經風險辨識及評估結果，篩選出異常工作負荷促發疾病之高風險族群安排進行醫師面談與評估。

i. The occupational health nurses find out the high-risk groups prone to overwork-induced diseases through risk identification and assessment results, and arrange face-to-face consultation with and evaluation by the physician.

2.長時間工作造成過度疲勞，或本身對健康感到擔心而主動提出申請之教職員工。

ii. Faculty and staff who experience excessive fatigue due to long working hours or who are concerned about their health and proactively apply for the service.

(四)注意事項：

(4) Precautions:

1.為能確實評估及對教職員工提出建議，應事先瞭解教職員工之工作時間、輪班情形、工作性質、健康檢查結果、其他身心狀況及

作業環境等資訊。實施時，應記錄員工狀況、處理措施及建議事項。

i. In order to accurately assess and provide recommendations to faculty and staff, it is necessary to firstly understand their work hours, shift schedules, nature of work, health examination results, other physical and mental conditions, and work environment. The employee's condition, intervention measures, and recommendations should be recorded in the process.

2. 面談諮詢頻率視風險評估之程度而定。

ii. Frequency of face-to-face consultations depends on the risk assessment result.

3. 面談後由臨場健康服務醫師填寫「面談結果及採行措施表」(附件三)，相關單位及人員(環安室、人資室、單位主管等)並依據醫師之建議進行後續保護措施。

iii. After the consultation, the on-site health service physician shall fill out the Consultation Result and Recommended Measures Form (Appendix 3). Relevant units and personnel (such as the Office of Environmental Protection, Occupational Safety and Health; Human Resources Office; and the head of unit) shall then implement follow-up protective measures based on the physician's recommendations.

(五) 面談結果依「診斷」、「工作」及「指導」區分為三類：

(5) Consultation results can be distinguished into three types – “diagnosis,” “work,” and “guidance”:

面談結果 Consultation	診斷 Diagnosis	無異常 No abnormality	勞工自覺加班時間非常多，未出現生理與心理自覺症狀，其檢查結果全部在正常範圍內，且可自我調整因過度工作造成之生理與心理的壓力。 The worker perceives that he/she has engaged in a lot of overtime work, but has not experienced any noticeable physical or psychological symptoms. The examination results are all within the normal ranges, and the worker is able to manage the physical and psychological stress caused by excessive work on his/her own.
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results		需觀察 Observation needed	<p>自覺加班時間非常多，未出現生理與心理自覺症狀，雖檢查結果出現輕度異常值，然個人瞭解異常之原因，且勞工可自我調整因過度工作造成之生理與心理的壓力者，可再予觀察；若已出現生理與心理自覺症狀，且檢查結果有1~2 項目輕度至中度的異常情形，則需進一步複檢。</p> <p>If a worker perceives that he/she has engaged in a lot of overtime work, but has not experienced any noticeable physical or psychological symptoms, and although examination results show mild abnormalities, the worker understands the cause of these abnormalities and can manage the physical and psychological stress caused by excessive work on his/her own, the worker may be put under further observation. However, if physical or psychological symptoms have emerged, and the examination results show mild to moderate abnormalities in 1~2 items, re-examination is required.</p>
		需醫療 Medical care needed	<p>勞工自覺生理與心理慢性疲勞，且出現明顯疾病惡化之情形。</p> <p>The worker has self-perceived chronic physical and psychological fatigue, and experienced a noticeably worsening condition.</p>
	工作 Work	一般工作 General work	<p>各種檢查無異常或是出現輕度檢查值異常，但可透過治療妥善控制疾病之勞工，不需進行工作時間之限制，可從事原工作。</p> <p>The worker may have various examinations showing no abnormalities or only mild abnormal values, but the condition can be properly controlled through treatment, and hence he/she does not need any restrictions on working hours and can continue with the original work.</p>
		工作限制 Work restrictions	<p>針對需觀察或進一步追蹤檢查之勞工，需限制勞工之工作時間，含縮短工作時間、限制出差、限制加班、限制工作負擔、轉換作業、工作場所的變更、減少夜班次數、轉換夜間工作等。</p> <p>For workers who require observation or follow-up examinations, their working hours shall be restricted, which includes shortening working hours, limiting business trips, restricting overtime, reducing workload, changing tasks, changing work location, reducing night shifts, or replacing night work.</p>

		需休假 Vacation needed	<p>以療養為目的給予勞工休假與停職等，在一定期間內不指派工作。當勞工已明顯感受慢性疲勞感等自覺症狀、喪失工作意願，且出現睡眠不足、飲食習慣改變、體重增減等現象及檢查結果出現明顯異常或疾病出現急速惡化的趨勢，必須住院治療時，應予休假休養。</p> <p>Workers should be given leave or temporary suspension from work for the purpose of rest and recuperation, with no work assigned to them during a specified period. When a worker clearly feels chronic fatigue and other self-perceived symptoms, loses the motivation to work, and experiences issues such as insufficient sleep, change in eating habits, or weight gain/loss, along with examination results showing significant abnormalities or rapidly worsening condition that requires hospitalization, he/she should be given leave to recover.</p>
	指導 Guidance	不需指導 No guidance needed	<p>勞工自主健康管理，積極養成良好生活習慣。</p> <p>Workers practice health self-management and actively develop a good lifestyle and habits.</p>
		需進行健康指導 Health guidance needed	<p>指導勞工改善生活步調、生活習慣、腦心血管疾病、心理健康失調等現象，以疾病預防為目的。</p> <p>Workers are guided to improve their pace of life, habits, and address issues like cardiovascular diseases and mental health disorders, with the aim of preventing illnesses.</p>
		需進行醫療指導 Medical guidance needed	<p>以避免疾病惡化為目的，當一般定期健康檢查項目持續異常，必須以藥物等方式進行治療者。尤其針對可能出現因症狀減輕就擅自改變用藥指示之勞工，應實施醫療及遵守用藥之指導。</p> <p>Medication or other treatments should be given for the purpose of preventing deterioration of diseases when general and regular health examination results consistently show abnormalities. In particular, for workers who might alter their medication instructions at discretion when symptoms improve, guidance should be given on proper medical care and adherence to prescribed medication.</p>

二、調整、縮短工作時間或變更工作內容

2. Adjust or shorten work hours or change work contents

人資室及單位主管依據臨場健康服務醫師之建議進行工作時間調整或變更工作等措施，並應經勞資雙方充分溝通後實施。

The HR Office and head of unit shall adjust the work hours or change job tasks according to the recommendations of the on-site health service physician. These

measures shall be carried out only after thorough communication between the worker and the management.

三、工作環境改善

3. Improvement of the work environment

職業安全管理師、單位主管或工作現場負責人依據臨場健康服務醫師建議進行工作環境之改善。

The occupational safety management specialist, head of unit, or work site director shall improve the work environment based on the recommendations of the on-site health service physician.

四、健康管理

4. Health management

依據「異常工作負荷促發疾病風險等級表」(表 C)評估結果，區分為低、中、高度風險，職業衛生護理師分別採取以下健康管理措施：

Based on the low, moderate, and high risks according to the Overwork-Induced Disease Risk Levels (Table C) assessment results, the occupational health nurse shall implement the following health management measures:

異常工作負荷促發疾病風險 Overwork-induced disease risks		健康管理措施 Health management measures
低度風險 Low risk	0	不需處理，可從事一般工作。 No action needed; capable of performing regular work.
中度風險 Moderate risk	1	自主健康管理，養成良好生活型態。 Health self-management and develop a good lifestyle.
	2	(1)以電子郵件或書面方式提醒注意事項及疾病預防等相關訊息。 (1) Send reminders about important things to be noted and information related to disease prevention via email or in writing. (2)必要時安排臨場健康服務醫師進行面談及評估。 (2) Arrange face-to-face consultation with and evaluation by on-site health service physicians when necessary. (3)建議改變生活型態，必要時考慮醫療協助。 (3) Recommend a change in lifestyle, and consider seeking medical assistance when necessary.
高度風險 High risk	3	(1)安排臨場健康服務醫師進行面談及評估。 (1) Arrange face-to-face consultation with and evaluation by on-site health service physicians.

	4	<p>(2)進行個人健康指導，建議改變生活型態。 (2) Provide personal health guidance, and recommend a change in lifestyle.</p> <p>(3)發放複檢通知單，確認同仁知悉簽收並需回報複檢結果。 (3) Issue re-examination notice, make sure the colleague acknowledges and signs for receipt, and report the re-examination result.</p> <p>(4)依醫師建議協助調整工作型態、工作時間或進行工作限制。 (4) Assist in adjusting the work type, work hours, or implement work restrictions according to the physician's recommendations.</p> <p>(5)列入個案管理名單，定期追蹤與關懷。 (5) Include the worker in the case management list and keep him/her under regular follow-up and care.</p>
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柒、成效評估及改善

Article 7 Effectiveness evaluation and improvement

一、職業衛生護理師對於高風險群進行健康指導及追蹤，並彙整於「高風險群之異常工作負荷促發疾病預防改善情形追蹤表」(附件四)。

1. The occupational health nurse shall provide health guidance and follow-up for the high-risk groups and compile the information into the Follow-up Form for the Prevention and Improvement of Overwork-induced Diseases in High-Risk Groups (Appendix 4).

二、對於本計畫執行成效，紀錄於「預防異常工作負荷促發疾病執行紀錄表」(附件五)，定期進行檢討與改善。

2. The effectiveness of this Plan shall be recorded in the Implementation Records for the Prevention of Overwork-induced Diseases (Appendix 5), and regular reviews and improvements shall be carried out.

捌、計畫應遵守個人資料保護法相關規定執行，其紀錄或文件並留存三年。

Article 8 This Plan shall be implemented in compliance with the relevant provisions of the Personal Data Protection Act, and the related records and documents shall be kept for 3 years.

玖、本計畫經環境保護暨職業安全衛生委員會會議審議通過，自公布日起實施，修正時亦同。

Article 9 The Regulations shall be passed by the Environmental Protection, Occupational Safety and Health Committee, and then implemented on the date of promulgation and shall apply to subsequent amendments.

十年內男、女性罹患心血管疾病之風險估算

心力評量表 - 估算您十年內發生缺血性心臟病的機會有多高？

(本表為「Framingham Risk Score (佛萊明漢) 危險預估評分表」
簡稱心力評量表，使用時請洽詢醫療人員協助評估與說明！)

步驟 1：年齡

年齡	女分數	男分數
30~34 歲	-9	-1
35~39 歲	-4	0
40~44 歲	0	1
45~49 歲	3	2
50~54 歲	6	3
55~59 歲	7	4
60~64 歲	8	5
65~69 歲	8	6
70~74 歲	8	7

步驟 2：膽固醇

膽固醇 (mg/dl)	女分數	男分數
<160	-2	-3
160~199	0	0
200~239	1	1
240~279	1	2
≥280	3	3



步驟 3：高密度膽固醇

高密度膽固醇 (mg/dl)	女分數	男分數
<35	5	2
35~44	2	1
45~49	1	0
50~59	0	0
≥ 60	-3	-2

步驟 4：血壓

血壓 mmHg	女分數	男分數
<120/80	-3	0
120~129/80~84	0	0
130~139/85~89	0	1
140~159/90~99	2	2
≥ 160/100	3	3

當收縮壓與舒張壓分數不同時，取分數較高者。

步驟 5：糖尿病

糖尿病	女分數	男分數
無	0	0
有	4	2

步驟 6：吸菸

吸菸	女分數	男分數
無	0	0
有	2	2

(資料來源：中華民國心臟學會)

步驟 7：總分

將各項分數相加		將各項分數相加	
年齡	分	年齡	分
膽固醇	分	膽固醇	分
高密度膽固醇	分	高密度膽固醇	分
血壓	分	血壓	分
糖尿病	分	糖尿病	分
吸菸	分	吸菸	分
總分 =	分	總分 =	分



步驟 8：十年內發生缺血性心臟病的機率

總分	女發生率	總分	女發生率	總分	男發生率	總分	男發生率
≤-2	1%	8	7%	<-1	2%	9	20%
-1	2%	9	8%	0	3%	10	25%
0	2%	10	10%	1	3%	11	31%
1	2%	11	11%	2	4%	12	37%
2	3%	12	13%	3	5%	13	45%
3	3%	13	15%	4	7%	≥14	≥53%
4	4%	14	18%	5	8%		
5	4%	15	20%	6	10%		
6	5%	16	24%	7	13%		
7	6%	≥17	≥27%	8	16%		

步驟 9：與預估發生率比較

年 齡	十年內發生缺血性心臟病的機率	
	(女)	(男)
30~34 歲	<1%	2%
35~39 歲	1%	3%
40~44 歲	2%	4%
45~49 歲	3%	4%
50~54 歲	5%	6%
55~59 歲	7%	7%
60~64 歲	8%	9%
65~69 歲	8%	11%
70~74 歲	8%	14%

(以無吸菸，無糖尿病，血壓、膽固醇正常者估算)

步驟 10：您預估的發生率相當於 _____ 歲 (本測量結果僅供參考，若需進一步瞭解或處理請洽詢專業醫師)

資料來源：Peter W.F. Wilson, et al. Circulation. 1998;97:1837-1847

心力評量表 – 估算您十年內發生缺血性心臟病的機會有多高？

Framingham Risk Score - Estimation of 10-year Cardiovascular Disease (CVD) Risk

(本表為『**Framingham Risk Score** (佛萊明漢) 危險預估評分表』簡稱心力評量表，使用時請洽詢醫療人員協助評估與說明！)

(When using this Framingham Risk Score, please consult medical care personnel for assistance in evaluation and interpretation!)

步驟 1：年齡

Step 1: Age

年齡	女分數	男分數
Age	Risk points (women)	Risk points (men)

30–34 歲

30-34

35–39 歲

35-39

40–44 歲

40-44

45–49 歲

45-49

50–54 歲

50-54

55–59 歲

55-59

60–64 歲

60-64

65–69 歲

65-69

70–74 歲

70-74

步驟 2：膽固醇

Step 2: Cholesterol

膽固醇 (mg/dl) 女分數 男分數

Cholesterol (mg/dl) Risk points (women) Risk points (men)

步驟 3：高密度膽固醇

Step 3: HDL (High-Density Lipoprotein)

高密度膽固醇 (mg/dl) 女分數 男分數

HDL (mg/dl) Risk points (women) Risk points (men)

步驟 4：血壓

Step 4: Blood pressure

血壓 mmHg 女分數 男分數

Blood pressure (mmHg) Risk points (women) Risk points (men)

當收縮壓與舒張壓分數不同時，取分數較高者。

When the scores for systolic and diastolic pressure differ, take the higher score.

步驟 5：糖尿病

Step 5: Diabetes

糖尿病女分數 男分數

Diabetes Risk points (women) Risk points (men)

無

No

有

Yes

步驟 6：吸菸

Step 6: Smoking

吸菸 女分數 男分數

Smoking Risk points (women) Risk points (men)

無

No

有

Yes

步驟 7：總分

Step 7: Total Score

將各項分數相加

Add up the points of all items

年齡 分

Age points

膽固醇 分

Cholesterol points

高密度膽固醇 分

HDL points

血壓 分

Blood pressure points

糖尿病 分

Diabetes points

吸菸 分

Smoking points

總分= 分

Total score = points

將各項分數相加

Add up the points of all items

年齡 分

Age points

膽固醇 分

Cholesterol points

高密度膽固醇 分

HDL points

血壓 分

Blood pressure points

糖尿病 分

Diabetes points

吸菸 分

Smoking points

總分= 分

Total score = points

步驟 8：十年內發生缺血性心臟病的機率

Step 8: 10-year Cardiovascular Disease (CVD) Risk

總分 女發生率

Total score Incidence rate (F)

總分 女發生率

Total score Incidence rate (F)

總分 男發生率

Total score Incidence rate (M)

總分 男發生率

Total score Incidence rate (M)

步驟 9：與預估發生率比較

Step 9: Comparison with estimated incidence rates

年齡 十年內發生缺血性心臟病的機率

Age 10-year Cardiovascular Disease (CVD) Risk

女 男

	Women	Men
30–34 歲		
30-34		
35–39 歲		
35-39		
40–44 歲		
40-44		
45–49 歲		
45-49		
50–54 歲		
50-54		
55–59 歲		
55-59		
60–64 歲		
60-64		
65–69 歲		
65-69		
70–74 歲		
70-74		

(以無吸菸，無糖尿病，血壓、膽固醇正常者估算)

(The estimates are based on individuals who do not smoke, with no diabetes, and have normal blood pressure and cholesterol levels.)

步驟 10：您預估的發生率相當於_____歲（本測量結果僅供參考，若需進一步瞭解或處理請洽詢專業醫師）

Step 10: Your estimated incidence rate corresponds to the age of _____. (This score result is for reference only. Please consult a professional physician for further information or treatment.)

資料來源：Peter W.F. Wilson, et al. Circulation. 1998;97:1837–1847

Source: Peter W.F. Wilson, et al. Circulation. 1998;97:1837-1847

資料來源：中華民國心臟學會

Source: Taiwan Society of Cardiology

高雄醫學大學健康量表問卷
Kaohsiung Medical University
Health Survey Questionnaire

填表日期： 年 月 日
 Date of completion:

一、個人基本資料			
1. Personal Basic Information			
姓名： Name:	職號： Staff No.:	單位： Unit:	電話： Telephone:
二、個人相關疲勞			
2. Personal-related Fatigue			
1. 你常覺得疲勞嗎? Do you often feel fatigued? <input type="checkbox"/> (1) 總是 Always <input type="checkbox"/> (2) 常常 Often <input type="checkbox"/> (3) 有時候 Sometimes <input type="checkbox"/> (4) 不常 Seldom <input type="checkbox"/> (5) 從未或幾乎從未 Never or almost never			
2. 你常覺得身體上體力透支嗎? Do you often feel physically exhausted? <input type="checkbox"/> (1) 總是 Always <input type="checkbox"/> (2) 常常 Often <input type="checkbox"/> (3) 有時候 Sometimes <input type="checkbox"/> (4) 不常 Seldom <input type="checkbox"/> (5) 從未或幾乎從未 Never or almost never			
3. 你常覺得情緒上心力交瘁嗎? Do you often feel emotionally drained? <input type="checkbox"/> (1) 總是 Always <input type="checkbox"/> (2) 常常 Often <input type="checkbox"/> (3) 有時候 Sometimes <input type="checkbox"/> (4) 不常 Seldom <input type="checkbox"/> (5) 從未或幾乎從未 Never or almost never			
4. 你常會覺得,「我快要撐不下去了」嗎? Do you often feel like “I can’t hold on anymore”? <input type="checkbox"/> (1) 總是 Always <input type="checkbox"/> (2) 常常 Often <input type="checkbox"/> (3) 有時候 Sometimes <input type="checkbox"/> (4) 不常 Seldom <input type="checkbox"/> (5) 從未或幾乎從未 Never or almost never			
5. 你常覺得精疲力竭嗎? Do you often feel worn out? <input type="checkbox"/> (1) 總是 Always <input type="checkbox"/> (2) 常常 Often <input type="checkbox"/> (3) 有時候 Sometimes <input type="checkbox"/> (4) 不常 Seldom <input type="checkbox"/> (5) 從未或幾乎從未 Never or almost never			
6. 你常常覺得虛弱, 好像快要生病了嗎? Do you often feel weak, as if you are about to fall ill? <input type="checkbox"/> (1) 總是 Always <input type="checkbox"/> (2) 常常 Often <input type="checkbox"/> (3) 有時候 Sometimes <input type="checkbox"/> (4) 不常 Seldom <input type="checkbox"/> (5) 從未或幾乎從未 Never or almost never			
三、工作相關疲勞			
3. Work-related Fatigue			

- 1.你的工作會令人情緒上心力交瘁嗎？ Does your work make you emotionally drained?
☐ (1)總是 Always ☐ (2)常常 Often ☐ (3)有時候 Sometimes ☐ (4)不常 Seldom
☐ (5)從未或幾乎從未 Never or almost never
- 2.你的工作會讓你覺得快要累垮了嗎？ Does your work make you feel exhausted to the point of collapse?
☐ (1)總是 Always ☐ (2)常常 Often ☐ (3)有時候 Sometimes ☐ (4)不常 Seldom
☐ (5)從未或幾乎從未 Never or almost never
- 3.你的工作會讓你覺得挫折嗎？ Does your work make you feel frustrated?
☐ (1)總是 Always ☐ (2)常常 Often ☐ (3)有時候 Sometimes ☐ (4)不常 Seldom
☐ (5)從未或幾乎從未 Never or almost never
- 4.工作一整天之後，你覺得精疲力竭嗎？ Do you feel worn out after a day's work?
☐ (1)總是 Always ☐ (2)常常 Often ☐ (3)有時候 Sometimes ☐ (4)不常 Seldom
☐ (5)從未或幾乎從未 Never or almost never
- 5.上班之前只要想到又要工作一整天，你就覺得沒力嗎？ Do you feel powerless even before work just thinking about a day's work?
☐ (1)總是 Always ☐ (2)常常 Often ☐ (3)有時候 Sometimes ☐ (4)不常 Seldom
☐ (5)從未或幾乎從未 Never or almost never
- 6.上班時你會覺得每一刻都很難熬嗎？ Do you feel that every moment at work is unbearable?
☐ (1)總是 Always ☐ (2)常常 Often ☐ (3)有時候 Sometimes ☐ (4)不常 Seldom
☐ (5)從未或幾乎從未 Never or almost never
- 7.不工作的時候，你有足夠的精力陪朋友或家人嗎？(反向題) When you are not working, do you have enough energy to spend time with friends or family? (Reverse question)
☐ (1)總是 Always ☐ (2)常常 Often ☐ (3)有時候 Sometimes ☐ (4)不常 Seldom
☐ (5)從未或幾乎從未 Never or almost never

四、月加班時數

4. Monthly Overtime Hours

1.你最近 6 個月內中，月加班時數最多的那個月，月加班時數有多少？ In the past 6 months, how many overtime hours have you worked in the month with the longest monthly overtime hours?

☐ (1)<45 小時 <45 hours ☐ (2)45–80 小時 45–80 hours ☐ (3)> 80 小時 > 80 hours

2.備註：Note:

月加班時數請確實填寫，俾利評估其風險，必要時將與人資室核對加班時數之正確性。

Please fill in the number of monthly overtime hours accurately to facilitate the risk assessment. The accuracy of the overtime hours will be verified with the Human Resources Office when necessary.

五、工作型態

5. Work Types

1.你目前的工作，屬於下列「工作型態評估」中的幾項？How many of the following Work Type Assessment items pertain to your current job?

☐ (1) 0-1 項 0-1 items ☐ (2) 2-3 項 2-3 items ☐ (3) ≥ 4 項 ≥ 4 items

工作型態評估 Work Type Assessment 工作型態 Work Assessment 說 明 Description	
工作型態 Work Types	說明 Description
不規律的工作 Irregular work schedules	對預定之工作排程或工作內容經常性變更或無法預估、常屬於事前臨時通知狀況等。例如：工作時間安排，常為前一天或當天才被告告知之情況。 Frequent changes to scheduled work plans or job content, or unpredictable situations and short notice of situations. For example, work schedule arrangements are often communicated only the day before or on the day.
經常出差的工作 Frequent business trips	經常性出差，其具有時差、無法休憩、休息或適當住宿、長距離自行開車或往返兩地而無法恢復疲勞狀況等。 Frequent travel that involves time zone differences, lack of relaxation, rest or appropriate accommodation, long-distance driving, or traveling between two locations without opportunity to recover from fatigue.
異常溫度環境 Environment with abnormal temperatures	於低溫、高溫、高溫與低溫間交替、有明顯溫差之環境或場所間出入等。 Work in low temperatures, high temperatures, alternating high and low temperatures, or an environment or place with significant temperature differences.
噪音作業環境 Work environment with noises	於超過 80 分貝的噪音環境暴露。 Exposure to an environment with noises exceeding 80 decibels.
時差作業環境 Work environment with time zone differences	超過 5 小時以上的時差、於不同時差環境變更頻率頻繁等。 Time zone differences exceeding 5 hours, or frequent changes between different time zone environments.
伴隨精神緊張的工作 Work accompanied with mental stress	日常工作處於高壓力狀態，如經常負責會威脅自己或他人生命、財產的危險性工作、處理高危險物質、需在一定期間內完成困難工作或處理客戶重大衝突或複雜的勞資紛爭等工作。 Daily work under high-stress conditions, for example, often being responsible for tasks that may threaten one's own or others' lives or property, handling hazardous materials, completing difficult tasks within a set timeframe, or dealing with major customer conflicts or complex labor disputes.

六、評分說明

6. Scoring Guidelines

1.將各選項分數轉換如下：(1)100 (2)75 (3)50 (4)25 (5)0。 Convert the scores for each option as follows: (1) 100, (2) 75, (3) 50, (4) 25, (5) 0.

2.個人相關疲勞分數：將第 1~6 題的得分相加，除以 6，可得個人相關疲勞分數。
Personal-related fatigue score: Add up the points of Questions 1 to 6 and divide it by 6 to obtain the personal fatigue score.

3.工作相關疲勞分數：第 1~6 題分數轉換同上，第 7 題為反向題，分數轉換為：(1)0 (2)25 (3)50 (4)75 (5)100。將 1~7 題之分數相加，除以 7，可得工作相關疲勞分數。
Work-related fatigue score: Score conversion for Questions 1 to 6 is the same as above. Question 7 is a reverse question, and the score conversion is: (1) 0 (2) 25 (3) 50 (4) 75 (5) 100. Add up the points of Questions 1 to 7 and divide it by 7 to obtain the work-related fatigue score.

七、分數解釋

7. Score Interpretation

疲勞類型 Fatigue Types	分數 Scores	分級 Classes	解釋 Explanation
個人相關疲勞 Personal-related fatigue	50 分以下 Below 50	輕微 Mild	您的過勞程度輕微，您並不常感到疲勞、體力透支、精疲力竭、或者虛弱好像快生病的樣子。 You have a mild level of overwork. You don't often feel fatigued, physically exhausted, completely drained, or weak as if you're about to fall ill.
	50 – 70 分 50-70	中度 Moderate	你的個人過勞程度中等。您有時候感到疲勞、體力透支、精疲力竭、或者虛弱好像快生病的樣子。建議您找出生活的壓力源，進一步的調適自己，增加放鬆與休息的時間。 You have a moderate level of personal-related overwork. You occasionally feel fatigued, physically exhausted, completely drained, or weak as if you're about to fall ill. You are advised to identify the sources of stress in your life, make adjustments, and increase your relaxation and rest time.
	70 分以上 Above 70	嚴重 Severe	您的個人過勞程度嚴重。您時常感到疲勞、體力透支、精疲力竭、或者虛弱好像快生病的樣子。建議您適度的改變生活方式，增加運動與休閒時間之外，您還需要進一步尋找專業人員諮詢。 You have a severe level of personal-related overwork. You often feel fatigued, physically exhausted, completely drained, or weak as if you're about to fall ill. You are advised to make appropriate lifestyle changes, increase time for exercise and recreation, and seek professional consultation for further assistance.

工作相關疲勞 Work-related fatigue	45 分以下 Below 45	輕微 Mild	您的工作相關過勞程度輕微，您的工作並不會讓您感覺很沒力、心力交瘁、很挫折。 You have a mild level of work-related overwork. Your job doesn't make you feel powerless, mentally exhausted, or frustrated.
	45 – 60 分 45-60	中度 Moderate	您的工作相關過勞程度中等，您有時對工作感覺沒力，沒有興趣，有點挫折。 You have a moderate level of work-related overwork. You occasionally feel powerless, uninterested, or somewhat frustrated with your work.
	60 分以上 Above 60	嚴重 Severe	您的工作相關過勞程度嚴重，您已經快被工作累垮了，您感覺心力交瘁，感覺挫折，而且上班時都很難熬，此外您可能缺少休閒時間，沒有時間陪伴家人朋友。建議您適度的改變生活方式，增加運動與休閒時間之外，您還需要進一步尋找專業人員諮詢。 You have a severe level of work-related overwork. You're almost overwhelmed by work, feeling mentally exhausted, frustrated, and finding it difficult to get through the workday. Additionally, you may lack leisure time and struggle to spend time with family and friends. You are advised to make appropriate lifestyle changes, increase time for exercise and recreation, and seek professional consultation for further assistance.

(資料來源：勞安所過勞自我預防手冊)
(Source: Overwork Self-prevention Handbook, Institute of Labor, Occupational Safety and Health)

附件三

高雄醫學大學面談結果及採行措施表

Kaohsiung Medical University

Consultation Result and Recommended Measures Form

面談指導結果 Result of Consultation and Guidance			
員工姓名 Employee's name		服務單位 Unit served	
員工職號 Staff number		男 <input type="checkbox"/> 女 <input type="checkbox"/> F <input type="checkbox"/>	年齡 歲 Age:
疲勞累積狀況 Fatigue accumulation status	<input type="checkbox"/> 無 None <input type="checkbox"/> 輕度 Mild <input type="checkbox"/> 中度 Moderate <input type="checkbox"/> 重度 Severe		特殊說明事項： Special notes:

應顧慮的身心狀況 Concerning physical and mental conditions		<input type="checkbox"/> 有 Yes <input type="checkbox"/> 無 No	
判定區分 Decision categories	診斷區分 Diagnosis	<input type="checkbox"/> 無異常 No abnormality <input type="checkbox"/> 需觀察 Observation needed <input type="checkbox"/> 需治療 Treatment needed	是否需採取後續相關措施： Are relevant follow-up measures required? <input type="checkbox"/> 否 No <input type="checkbox"/> 是 Yes (請填寫採行措施建議) (Please indicate the recommended measures to be taken.)
	工作區分 Work	<input type="checkbox"/> 一般工作 General work <input type="checkbox"/> 工作限制 Work restrictions <input type="checkbox"/> 需休假 Vacation needed	
	指導區分 Guidance	<input type="checkbox"/> 不需指導 Guidance not needed <input type="checkbox"/> 需健康指導 Health guidance needed <input type="checkbox"/> 需醫療指導 Medical guidance needed	

面談對象：

臨場健康服務醫師：

Consultee:

On-site health service physician:

職業衛生護理師：

日期： 年 月 日

Occupational health nurse:

Date:

(YYYY/MM/DD)

採行措施建議 Recommended Measures to be Taken			
工作上採取之措施 Work-related measures to be taken	調整工作時間 Adjustment of work hours	<input type="checkbox"/> 限制加班，最多____小時/月 Restrict overtime work, at most _____ hours/month <input type="checkbox"/> 不宜加班 No overtime work recommended <input type="checkbox"/> 限制工作時間：____時____分 ~ ____時____分 Restrict work hours: From _____ (HH:MM) to _____ (HH:MM) <input type="checkbox"/> 不宜繼續工作(指示休養、休假) Not appropriate to continue work (Instructed to take leave and recuperate) <input type="checkbox"/> 其他 Other	說明： Notes:
	變更工作 Change of work	<input type="checkbox"/> 變更工作場所 Change of workplace <input type="checkbox"/> 轉換工作 Change of work tasks <input type="checkbox"/> 減少夜班次數 Reduce number of night shifts <input type="checkbox"/> 轉調為日班工作 Change to day-shift work <input type="checkbox"/> 其他 Other	說明： Notes:
	措施期間 Duration of measures	____日____週____月，(下次面談預定日： 年 月 日) ____days ____weeks ____months, (next consultation scheduled on:)	

建議就醫：Recommended to seek medical care:

備註：Remarks:

面談對象：

臨場健康服務醫師：

Consultee:

On-site health service physician:

單位主管：

其他人員：

Head of unit:

Other staff:

職業衛生護理師：

日期： 年 月 日

Occupational health nurse:

Date:

(YYYY/MM/DD)

人資室意見：

HR Office's comment:

高雄醫學大學預防異常工作負荷促發疾病執行紀錄表

Kaohsiung Medical University

Implementation Records for the Prevention of Overwork-induced Diseases

部門 Department	員工編號 Staff no.	員工姓名 Employee's name	已通知 當事人 Have informed the party concerned	工作指導建議 日期 Date of work guidance recommendations	臨場健康服務醫師指示之工作指導							經醫師評估回復情況良好不需要進行追蹤 Recovering well as per physician's evaluation, and no follow-up is required.
					已通知 主管 Have informed supervisor	建議情形 Status of recommendation	工作限定 Work limitation	工作限制及禁止 Work restriction and prohibition	工作調整 Work adjustments	工作變更 Change of work	其他 Other	
						建議改善內容 Content of recommended improvement						
						通知科室主管改善日期 Date of informing department/office head of the improvement						
						改善內容						

					Improvement content						
					實際改善執行日期						
					Date of improvement implementation						
					建議改善內容						
					Content of recommended improvement						
					通知科室主管改善日期						
					Date of informing department/office head of the improvement						
					改善內容						
					Improvement content						
					實際改善執行日期						
					Date of improvement implementation						
					建議改善內容						
					Content of recommended improvement						
					通知科室主管改善日期						
					Date of informing department/office head of the improvement						
					改善內容						
					Improvement content						
					實際改善執行日期						
					Date of improvement implementation						

高雄醫學大學高風險群之異常工作負荷促發疾病預防改善情形追蹤表

						建議改善內容 Content of recommended improvement						
						通知科室主管改善日期 Date of informing department/office head of the improvement						
						改善內容 Improvement content						
						實際改善執行日期 Date of improvement implementation						

執行項目 Items of execution	執行結果（人次或％） Execution results (number of persons or %)	備註（改善情形） Remarks (Improvement status)
辨識及評估高風險群 Identify and assess high-risk groups	具異常工作負荷促發疾病高風險者__人 Number of persons at high risk of developing illness due to abnormal workload: _____	
安排醫師面談及健康指導 Arrange face-to-face consultation with and health guidance by physician	1.需醫師面談者_____人 Number of persons requiring consultation with physician: _____ 1.1 需觀察或進一步追蹤檢查者_____人 Number of persons requiring observation or follow-up examination: _____ 1.2 需進行醫療者_____人 Number of persons requiring medical care: _____ 2.需健康指導者_____人 Number of persons requiring health guidance: _____ 2.1 已接受健康指導者__人 Number of persons who have received health guidance: _____	
調整或縮短工作時間及更換工作內容 Adjust or shorten work hours and change work content	1.需調整或縮短工作時間 __人 Number of persons requiring adjustment or shortening of work hours: _____ 2.需變更工作者_____人 Number of persons requiring change of work: _____	
實施健康檢查、管理及促進 Implement health examination, management, and promotion	1.應實施健康檢查者_____人 Number of persons who should be given health examination: _____ 1.1 實際受檢者_____人 Number of persons who have actually been examined: _____ 1.2 檢查結果異常者_____人 Number of persons who have abnormal examination results: _____ 1.3 需複檢者 _____人 Number of persons who require re-examination: _____ 2.應定期追蹤管理者_____人 Number of persons who should be put on regular follow-up management: _____ 3.參加健康促進活動者__人 Number of persons who have participated in health promotion activities: _____	

執行成效之評估及改善 Evaluation and improvement of implementation effectiveness	1. 參與健康檢查率_____ % Participation rate in health examinationin: _____% 2.健康促進達成率_____ % Health promotion achievement rate: _____% 3.與上一次健康檢查異常結果項目比較, 異檢率_____ % (上升或下降) Abnormality detection rate in comparison with the abnormal results from the previous health exmination: _____% (up or down) 4. 環境改善情形：(環測結果) Environmental improvement status: (Environmental test result)	
其他事項 Other		

職業衛生護理師：
Occupational health nurse:

日期：
Date: