Hengyi Industries Sdn Bhd 恒逸实业（文莱）有限公司

Health Risk Assessment (HRA) Record Form
职业健康危害因素评估分析 （HRA）记录表

Record No.		HYBN-T7- -4006- -2024	Page 1 of 1

Department 部门:	Utilities Department 公用工程部	Unit: 装置:	Water Treatment 水处理	分析日期: Analysis date	10/02/2025 2025年02月10日
Task 工作任务	Water Treatment operations 水处理岗位操作	Members of analysis group 分析小组成员	Zhang Haoran,Yu Yapeng, Lyu Yingqiang, Pan Wentao, Jiang Ruibing, Dou Jianqiang, Zhao Xueren 张浩然、于亚鹏、吕应强、潘文涛、蒋瑞兵、窦建强、赵学仁	Reviewed by 审核人:	She Hongmei 余红梅

No. 序号	Work Content 工作内容	Hazard source or potential incident 危险源或潜在事件	Major accident consequences 主要事故后果	Former occurrence frequency 以往发生频率	Initial risk assessment 初始风险评价				Key Factor Assessment (Yes/No) 重要危害因素判断 （是/否）	Measures to reduce and control risk 风险消减及控制措施	Residual risk assessment 剩余风险评价			
					L	S	R	Level 等级			L	S	R	Level 等级
1		Physical Hazard: Noise 物理危害：噪音 High level of noise from compressor and pumps during normal operation 在正常运行期间，压缩机和泵区有噪音	Long term exposure to noise levels exceeding 85 dB without protective measures may lead to noise induced hearing loss 长期暴露于超过85 dB的噪声水平且未采取保护措施可能会导致噪声性听力损失	Unlikely 很少发生	3	4	12	III	No 否	1. Noise-proof earplugs are provided to all workers in the workforce 所有员工都 配备了防噪声耳塞 2. Training of proper usage of hearing protection equipment (earmuffs, earplugs, etc.) 正确使用听力保护设备（耳罩、耳塞等）的培训 3. Signages of high level noise area and ear protection areas are placed on site 现场放置了高噪声区和耳朵保护区的标志 4. Noise monitoring twice per year to ensure parameters within limits (≤85dB) 每年进行两次噪声监测，以确保参数在限值范围内（≤85dB） 5. Workers with exposure to excessive noise levels undergo annual audiometry 接触过量噪音 的员工每年进行听力检测	2	2	4	I
2		Chemical Hazard: Hydrogen Sulfide Leakage 化学危害：硫化氢泄漏	Short-term exposure effects will cause headaches, dizziness and eye irritation. In worst-case scenarios, in worse case scenarios, it may cause poisoning and death 短期接触会导致头痛、头晕和眼睛刺激。在最坏的情况下，它可能会导致中毒和死亡	Unlikely 很少发生	3	5	15	V	Yes 是	1. 4-in-1 portable H2S alarm have been provided to workers 已经为员工提供了 4合1便携式硫化氢报警器 2. Hazard notice board on site is available 现场有危险告示牌 3. Regularly conduct hydrogen sulfide special safety training定期进行硫化氢专项安全培训 4. H2S emergency drill initiated on periodic period to improve safety awareness and emergency handling skill 硫化氢应急演练定期开展，以提高安全意识及应急处理技能 5. H2S alarm detection system is implemented on site 现场实施硫化氢报警检测系统 6. Monthly H2S monitoring to ensure parameters within limits (≤ 10 mg/m3) 每月进行硫化氢监测，以确保参数在限值范围内（≤ 10mg/m3） 7. Training on chemical substances SDS 安全数据单（SDS）培训	2	2	4	I
3		Biological Hazard: Animal (Snakes/Dog) 生物危害：动物（蛇/狗） Workers may be bitten by snakes or dogs while working at site. 员工在现场工作时可能被蛇或狗咬伤	A snake bite can cause a number of symptoms including pain, swelling, bleeding and difficulty breathing. Depending on the type of snake, the bite can also lead to tissue damage, organ failure or even death. 被蛇咬伤会导致许多症状，包括疼痛、肿胀、出血和呼吸困难。根据蛇的种类，咬伤也会导致组织损伤、器官衰竭甚至死亡。 A dog bite can cause a range of injuries, including minor cuts and scrapes, infections and even permanent disability. In severe cases, can cause rabies, tetanus, MRSA, nerve damage and bone fractures. 被狗咬伤会导致一系列伤害，包括轻微的割伤和擦伤、感染，甚至永久性残疾。严重时，可引起狂犬病、破伤风、耐甲氧西林金黄色葡萄球菌、神经损伤和骨折。	Possible 偶尔	3	4	12	III	No 否	1.Conduct routine site inspection for snake presence对蛇的存在进行常规的现场检查 2.First aid kit are readily available to workers to treat wounds急救箱可供员工及时治疗伤口 3.Ensure waste is properly managed to avoid attracting dogs and rodents (snake prey) 确保废物得到妥善管理，以避免吸引狗和啮齿动物(蛇类猎物) 4.Provide access to rabies and tetanus vaccination when necessary (go to the hospital) 必要时提供狂犬病和破伤风疫苗接种(去医院)	2	2	4	I

4	Daily inspection and operational activities 日常巡检、作业活动	Ergonomics 人类工程学 Poor working posture and positioning during opening, closing valves or during rotating pump shaft 开关阀或盘车时，不良的工作姿势	This may cause lower back, hand or leg sprain due to improper stance or uneven force. 可能由于站位不当或用力不均匀出现腰部，手或腿部扭伤	Possible 偶尔	3	3	9	III	No 否	1. Manual handling posters are distributed to employees 宣贯安全人工搬运海报 2. Provide ergonomically designed F-wrenches to reduce the risk of slipping during use. 提供符合人体工学的F扳手，减少F扳手使用过程中脱落的风险	2	2	4	I
5		Physical Hazard: Climbing up and down the stairs, monkey ladder, at platform on site 物理危害：在现场上下楼梯，竖梯，平台通道等 Workers climbing up and down the stairs at the site, particularly during rainy weather, due to slippery stairs, which can increase the risk of falls or slips. 在现场上下楼梯尤其是在雨天，因为楼梯很滑，会增加跌倒或滑倒的风险。	Slips, falls which may cause injuries such as fractured bones. 滑倒、跌倒可能导致受伤，如骨折。	Possible 偶尔	4	3	12	III	No 否	1.Provide proper non-slippery safety boots (PPE) 提供合适的防滑安全靴(PPE) 2.Display hazard warning signs on site在现场设置危险警告标志 3.Workers equipped with first aid kit in case of injuries from fall and slips 配备急救药箱，以防跌倒和滑倒受伤。 4.First aiders and first aid room available on site 现场配备急救人员和医务室	2	3	6	II
6		Physical Hazards: Objects falling from height 物理危害: 坠物	Can result in physical injuries such as Head Trauma & Brain Injuries, such as concussions, skull fractures, or traumatic brain injuries (TBI), leading to long-term cognitive issues or disability 可能导致身体伤害，如头部创伤和脑损伤，包括脑震荡、颅骨骨折或创伤性脑损伤（TBI），进而引发长期认知问题或残疾。 It can also cause Fractures & Broken Bones, which can crush hands, feet, or limbs, causing long-term mobility issues. 能引起骨折和骨骼损伤，可能导致手部、足部或四肢被压碎，从而造成长期行动障碍。	Unlikely 很少发生	3	4	12	III	No 否	1. Workers required to wear safety helmets to protect against head injury and safety boots to protect against foot injuries 要求佩戴安全帽以防止头部受伤，并穿戴安全靴以保护足部免受伤害。 2. Three-level Safety Training 公司三级培训 3. Workers required to check and secure objects before working at heights. 要求在高处作业前检查并固定物品，以防坠落。 4. Conduct tool and equipment inspections regularly. 定期对工具和设备进行检查，确保安全使用。	2	3	6	II
7		Psychological Hazard: Workplace Stress/ Poor Work Life Balance 心里危害：工作压力/工作生活平衡较差 Workers dealing with mental stress, anxiety disorders, fatigue due to insufficient of sleep or work stress. 处理精神紧张、焦虑症、睡眠不足或工作压力引起的疲劳的员工。	Anxiety disorders may increase the risk of depression, substance use disorders, risk of suicidal thoughts and behaviors. 焦虑症可能会增加患心脏病的风险抑郁症、物质使用障碍、风险自杀的想法和行为。	Unlikely 很少发生	4	3	12	III	No 否	1.Provide platform for online psychological consultation with psychologist in China为员工提供在线心里咨询台 2.Encourage employees to prioritize qualify of sleep, aim for 7-9 hours of restful sleep. 鼓励员工优先考虑睡眠质量，目标是7-9小时的睡眠。 3.Encourage workers to take regular breaks during work to stretch, walk or relax and follow the 20-20-20 rule. 鼓励员工在工作期间合理休息，伸展、散步或放松，并遵循20-20-20法则。	2	3	6	II

8	Handover of equipment maintenance process 设备检修工艺交出	Physical Hazard: Noise 物理危害：噪音 High level of noise from compressor and pumps during normal operation 在正常运行期间，压缩机和泵区有噪音	Long term exposure to noise levels exceeding 85 dB without protective measures may lead to noise induced hearing loss 长期暴露于超过85 dB的噪声水平且未采取保护措施可能会导致噪声性听力损失	Unlikely 很少发生	3	4	12	III	No 否	1. Noise-proof earplugs are provided to all workers in the workforce 所有员工都 配备了防噪声耳塞 2. Training of proper usage of hearing protection equipment (earmuffs, earplugs, etc.) 正确使用听力保护设备（耳罩、耳塞等）的培训 3. Signages of high level noise area and ear protection areas are placed on site 现场放置了高噪声区和耳朵保护区的标志 4. Noise monitoring twice per year to ensure parameters within limits (≤85dB) 每年进行两次噪声监测，以确保参数在限值范围内（≤85dB） 5. Workers with exposure to excessive noise levels undergo annual audiometry 接触过量噪音 的员工每年进行听力检测	2	2	4	I
9		Physical Hazard: Working Environment 物理危害：作业环境 Exposure to extreme heat for prolonged hours. 长时间暴露在高温下。	Long term exposure to high temperatures may also lead to heat rash, heat cramps, heat exhaustion, or heatstroke. 长期暴露在高温下也可能导致热疹、热痉挛、热衰竭或中暑	Possible 偶尔	3	4	12	III	No 否	1.Heat stress posters posted on Occupational Health bulletin board; safety warning signs are set up as well on site. 张贴在职业健康公告栏上中暑相关海报，现场设置警示牌 2.Avoid long-term high temperature operation withshift rotation and constant reminders on workers to hydrate and rest 避免长时间高温作业，以及班次轮换, 不断提醒员工在补充水分并注意休息 3.Equipped with corresponding heat stroke materials and PPE 配备防暑降温劳动保护措施，或相应防暑降温物资	2	3	6	II
10		Chemical Hazard: Hydrogen Sulfide Leakage 化学危害：硫化氢泄漏	Short-term xposure effects will cause headaches, dizziness and eye irritation. In worst-case scenarios, in worse case scenarios, it may cause poisoning and death 短期接触会导致头痛、头晕和眼睛刺激。在最坏的 情况下，它可能会导致中毒和死亡	Unlikely 很少发生	3	5	15	V	Yes 是	1. 4-in-1 portable H2S alarm have been provided to workers 已经为员工提供了 4合1便携式硫化氢报警器 2. Hazard notice board on site is available 现场有危险告示牌 3. Regularly conduct hydrogen sulfide special safety training定期进行硫化氢专项安全培训 4. H2S emergency drill initiated on periodic period to improve safety awareness and emergency handling skill 硫化氢应急演练定期开展，以提高安全意识及应急处理技能 5. H2S alarm detection system is implemented on site 现场实施硫化氢报警检 测系统 6. Monthly H2S monitoring to ensure parameters within limits (≤ 10 mg/m3) 每月进行硫化氢监测，以确保参数在限值范围内（≤ 10mg/m3） 7. Training on chemical substances SDS 安全数据单（SDS）培训	2	2	4	I
11		Physical Hazard: Noise 物理危害：噪音 High level of noise from compressor and pumps during normal operation 在正常运行期间，压缩机和泵区有噪音	Long term exposure to noise levels exceeding 85 dB without protective measures may lead to noise induced hearing loss 长期暴露于超过85 dB的噪声水平且未采取保护措施可能会导致噪声性听力损失	Unlikely 很少发生	3	4	12	III	No 否	1. Noise-proof earplugs are provided to all workers in the workforce 所有员工都 配备了防噪声耳塞 2. Training of proper usage of hearing protection equipment (earmuffs, earplugs, etc.) 正确使用听力保护设备（耳罩、耳塞等）的培训 3. Signages of high level noise area and ear protection areas are placed on site 现场放置了高噪声区和耳朵保护区的标志 4. Noise monitoring twice per year to ensure parameters within limits (≤85dB) 每年进行两次噪声监测，以确保参数在限值范围内（≤85dB） 5. Workers with exposure to excessive noise levels undergo annual audiometry 接触过量噪音的员工每年进行听力检测	2	2	4	I

12	Replacement of lube oil 更换润滑油	Chemical Hazard: Hydrogen Sulfide Leakage 化学危害：硫化氢泄漏	Short-term xposure effects will cause headaches, dizziness and eye irritation. In worst-case scenarios, in worse case scenarios, it may cause poisoning and death 短期接触会导致头痛、头晕和眼睛刺激。在最坏的 情况下，它可能会导致中毒和死亡	Unlikely 很少发生	3	5	15	V	Yes 是	1. 4-in-1 portable H2S alarm have been provided to workers 已经为员工提供了 4合1便携式硫化氢报警器 2. Hazard notice board on site is available 现场有危险告示牌 3. Regularly conduct hydrogen sulfide special safety training定期进行硫化氢专项安全培训 4. H2S emergency drill initiated on periodic period to improve safety awareness and emergency handling skill 硫化氢应急演练定期开展，以提高安全意识及应急处理技能 5. H2S alarm detection system is implemented on site 现场实施硫化氢报警检 测系统 6. Monthly H2S monitoring to ensure parameters within limits (≤ 10 mg/m3) 每月进行硫化氢监测，以确保参数在限值范围内（≤ 10mg/m3） 7. Training on chemical substances SDS 安全数据单（SDS）培训	2	2	4	I
13	Equipment (compressor, pump, etc.) refueling (grease) 设备（压缩机，泵等）加油（脂）	Physical Hazard: Noise 物理危害：噪音 High level of noise from compressor and pumps during normal operation 在正常运行期间，压缩机和泵区有噪音	Long term exposure to noise levels exceeding 85 dB without protective measures may lead to noise induced hearing loss 长期暴露于超过85 dB的噪声水平且未采取保护措施可能会导致噪声性听力损失	Unlikely 很少发生	3	4	12	III	No 否	1. Noise-proof earplugs are provided to all workers in the workforce 所有员工都 配备了防噪声耳塞 2. Training of proper usage of hearing protection equipment (earmuffs, earplugs, etc.) 正确使用听力保护设备（耳罩、耳塞等）的培训 3. Signages of high level noise area and ear protection areas are placed on site 现场放置了高噪声区和耳朵保护区的标志 4. Noise monitoring twice per year to ensure parameters within limits (≤85dB) 每年进行两次噪声监测，以确保 参数在限值范围内（≤85dB） 5. Workers with exposure to excessive noise levels undergo annual audiometry 接触过量噪音的员工每年进行听力检测	2	2	4	I
14		Chemical Hazard: Hydrogen Sulfide Leakage 化学危害：硫化氢泄漏	Short-term xposure effects will cause headaches, dizziness and eye irritation. In worst-case scenarios, in worse case scenarios, it may cause poisoning and death 短期接触会导致头痛、头晕和眼睛刺激。在最坏的 情况下，它可能会导致中毒和死亡	Unlikely 很少发生	3	5	15	V	Yes 是	1. 4-in-1 portable H2S alarm have been provided to workers 已经为员工提供了 4合1便携式硫化氢报警器 2. Hazard notice board on site is available 现场有危险告示牌 3. Regularly conduct hydrogen sulfide special safety training定期进行硫化氢专项安全培训 4. H2S emergency drill initiated on periodic period to improve safety awareness and emergency handling skill 硫化氢应急演练定期开展，以提高安全意识及应急处理技能 5. H2S alarm detection system is implemented on site 现场实施硫化氢报警检 测系统 6. Monthly H2S monitoring to ensure parameters within limits (≤ 10 mg/m3) 每月进行硫化氢监测，以确保参数在限值范围内（≤ 10mg/m3） 7. Training on chemical substances SDS 安全数据单（SDS）培训	2	2	4	I
15	Sodium chlorate unloading 次氯酸钠卸料	Chemical hazard: Splashing caused by detachment of sodium chlorate unloading pipe 化学危害：次氯酸钠卸料管脱开造成喷溅	Physical contact exposure can cause serious eye damage and severe skin damage. 身体接触可能导致严重的眼睛损伤和严重的皮肤损伤	Unlikely 很少发生	3	3	9	III	No 否	1.Provide employees with acid and alkali resistant clothing, acid and alkali resistant gloves, and protective face shields. 提供员工防酸碱服和防酸碱手套以及防护面罩。 2.Readily accessible eye-washes station is available on-site。Check once a week. 现场提供随时可用的洗眼站，每周检查一次。 3.MSDS on-site public display. MSDS现场公示。 4. Training on chemical substances SDS 安全数据单（SDS）培训	2	2	4	I

16	Concentrated sulfuric acid unloading 浓硫酸卸料	Chemical Hazard: Spillage caused by the detachment of the concentrated sulfuric acid discharge pipe 化学危害：浓硫酸卸料管脱开造成喷溅	Physical contact exposure can cause serious eye damage and severe skin damage. 身体接触可能导致严重的眼睛损伤和严重的皮肤损伤	Unlikely 很少发生	3	4	12	III	No 否	1.Provide employees with acid and alkali resistant clothing, acid and alkali resistant gloves, and protective face shields. 提供员工防酸碱服和防酸碱手套以及防护面罩。 2.Readily accessible eye-washes station is available on-site。Check once a week. 现场提供随时可用的洗眼站，每周检查一次。 3.MSDS on-site public display. MSDS现场公示。 4.Regularly organize concentrated sulfuric acid leakage emergency drills 定期组织浓硫酸泄漏应急演练 5. Training on chemical substances SDS 安全数据单（SDS）培训	2	2	4	I
17	Rainwater monitoring pool and accident pool cleaning operation 雨水监控池及事故池清池作业	Physical Hazard: Working Environment 物理危害：作业环境 Exposure to extreme heat for prolonged hours. 长时间暴露在高温下。	Long term exposure to high temperatures may also lead to heat rash, heat cramps, heat exhaustion, or heatstroke. 长期暴露在高温下也可能导致热疹、热痉挛、热衰竭或中暑	Possible 偶尔	3	4	12	III	No 否	1.Heat stress posters posted on Occupational Health bulletin board; safety warning signs are set up as well on site. 张贴在职业健康公告栏上中暑相关海报，现场设置警示牌 2.Avoid long-term high temperature operation withshift rotation and constant reminders on workers to hydrate and rest 避免长时间高温作业，以及班次轮换，不断提醒员工在补充水分并注意休息 3.Equipped with corresponding heat stroke materials and PPE 配备防暑降温劳动保护措施，或相应防暑降温物资	2	3	6	II
18	Screen-based Operation 视屏作业	Working Environment: Lighting 工作环境：照明 Poor office lighting 办公室照明不佳	Prolonged periods of inadequate lighting, such as dim or uneven illumination, or overexposure can lead to persistent eyestrain, discomfort, and visual fatigue. Over time, this strain can contribute to more serious conditions like headaches, migraines, and even long-term vision problems. 长时间照明不足会导致持续的眼睛疲劳、不适和视觉疲劳。随着时间的推移，会导致更严重的疾病，如头痛、偏头痛，甚至长期视力问题	Unlikely 很少发生	3	3	9	III	No 否	1.Regularly maintain on-site lighting to ensure good on-site lighting effects 定期现场照明灯进行维护，保证现场照明效果良好 2.Add lighting to areas with particularly poor lighting conditions 对照明环境特别差的区域增加照明灯 3. Annual testing of illumination with lux meter 使用照度计进行年度照明测试	2	2	4	I
19		Poor working posture and positioning 不良的工作姿势	Poor postures may result in ergonomic injuries, such as back injuries, and in serious cases, causes MSD. 不良姿势可能导致人体损伤，如背部损伤，在严重的情况下，会导致MSD	Possible 偶尔	3	3	9	III	No 否	.Take frequent short breaks in between work 在工作间隙短暂休息 2.Manual handling posters are distributed to employees 宣贯安全姿势海报 3.Provision of ergonomically designed and adjustable chairs 提供符合人体工程学设计和可调节的椅子	2	2	4	I
20		Psychological Hazard: Workplace Stress/ Poor Work Life Balance 心里危害：工作压力/工作生活平衡较差 Workers dealing with mental stress, anxiety disorders, fatigue due to insufficient of sleep. 处理精神紧张、焦虑症、睡眠不足引起的疲劳的员工	Anxiety disorders may increase the risk of depression, substance use disorders, risk of suicidal thoughts and behaviors. 焦虑症可能会增加患心脏病的风险抑郁症、物质使用障碍、风险自杀的想法和行为。	Unlikely 很少发生	4	3	12	III	No 否	1.Provide platform for online psychological consultation with psychologist in China为员工提供在线心里咨询台 2.Encourage employees to prioritize qualify of sleep, aim for 7-9 hours of restful sleep. 鼓励员工优先考虑睡眠质量，目标是7-9小时的睡眠。 3.Encourage workers to take regular breaks during work to stretch, walk or relax and follow the 20-20-20 rule. 鼓励员工在工作期间定期休息，伸展、散步或放松，并遵循20-20-20法则。	2	3	6	II

21	Traffic Safety 交通安全	Physical Hazard: Commuting by bicycle 物理危害：骑自行车通勤 Workers commuting within the worksite by bicycle may face health and safety risks, particularly during rainy weather, due to slippery roads and reduced visibility. 员工骑自信车上下班可能面临健康和安全风险，尤其是在雨天，因为道路湿滑，能见度低	Slips, falls, collisions, skidding, difficulty seeing traffic and obstacles which may cause injuries 滑倒、跌倒、碰撞、打滑、难以看清交通和障碍物，可能造成伤害。	Unlikely 很少发生	3	3	9	III	No 否	1.Provide high visibility raincoats gear to workers every 2 years. 每两年向员工提供高能见度雨衣。 2.Ensure bicycles have proper brakes and tires with good grip确保自行车有合适的刹车和抓地力良好的轮胎 3.Conduct regular bicycle maintenance checks定期进行自行车维护检查 4.Ensuring that workers adhere to safe cycling practices on-site 确保员工在现场遵守安全骑行惯例 5.First aiders and first aid room available on site 现场配备急救人员和医务室	2	2	4	I
22	Working in the office 在办公室工作	Ergonomics Hazards: 人体工程学 Strains or injuries from prolonged sitting, awkward postures, or repetitive movements 长时间坐姿、不良姿势或重复性动作导致的肌肉拉伤或受伤	Back pain, neck pain, repetitive strain injuries, and long-term musculoskeletal damage 背部疼痛、颈部疼痛、重复性劳损伤害以及长期的肌肉骨骼损伤。	Unlikely 很少发生	3	3	9	III	No 否	1. Encourage simple stretching exercises between tasks 鼓励在任务之间做简单的伸展运动 2. Encourage proper posture 鼓励保持正确的坐姿 3. Regular stretching exercises or breaks to reduce strain. 定期进行拉伸运动或休息以减少劳损	2	2	4	I
23		Slips, Trips, and Falls 滑倒、绊倒和摔倒 Wet floors, cluttered workspaces, and uneven surfaces. 地面湿滑、工作区域杂乱和地面不平	It can cause fractures, sprains, or head injuries. 可能导致骨折、扭伤或头部受伤。	Possible 偶尔	4	3	12	III	No 否	1. Keep floors clean and dry; immediately clean up spills. 保持地面清洁干燥，及时清理溢出的液体 2. Install anti-slip mats or floor coverings in areas prone to wetness. 在容易湿滑的区域安装防滑垫或地面覆盖物 3. Keep walkways clear of obstacles. 保持通道畅通，避免障碍物 4. Regular inspection of the floor condition and surfaces to prevent tripping. 定期检查地面状况，防止绊倒	3	2	6	II
24		Physical Hazard: Eye Strain 物理危害：眼睛疲劳	Staring at computer screens for extended periods can cause eye fatigue, dryness, and headaches (Computer Vision Syndrome). 长时间盯着电脑屏幕可能导致眼睛疲劳、干涩和头痛（计算机视觉综合症）。	Likely 较多	4	2	8	II	No 否	1. Follow the 20-20-20 rule (every 20 minutes, look at something 20 feet away for 20 seconds), use anti-glare screens, and ensure proper lighting. 遵循20-20-20法则（每20分钟，看向20英尺远的物体20秒），使用防眩光屏幕，并确保适当的照明。	3	2	6	II
25		Psychological Hazard: Workplace Stress/ Poor Work Life Balance 心里危害：工作压力/工作生活平衡较差 Workers dealing with mental stress, anxiety disorders, fatigue due to insufficient of sleep or work stress. 处理精神紧张、焦虑症、睡眠不足或工作压力引起的疲劳的员工。	Anxiety disorders may increase the risk of depression, substance use disorders, risk of suicidal thoughts and behaviors. 焦虑症可能会增加患心脏病的风险抑郁症、物质使用障碍、风险自杀的想法和行为。	Unlikely 很少发生	4	3	12	III	No 否	1.Provide platform for online psychological consultation with psychologist in China为员工提供在线心里咨询台 2.Encourage employees to prioritize qualify of sleep, aim for 7-9 hours of restful sleep. 鼓励员工优先考虑睡眠质量，目标是7-9小时的睡眠。 3.Encourage workers to take regular breaks during work to stretch, walk or relax and follow the 20-20-20 rule. 鼓励员工在工作期间合理休息，伸展、散步或放松，并遵循20-20-20法则。	2	3	6	II

26		Poor Lighting 照明不良	Poor lighting exposure for a prolonged period of time may cause eye damage to workers. 长时间照明不良可能导致员工眼睛损伤	Unlikely 很少发生	3	3	9	III	No 否	1.Take frequent short breaks in between work 在工作间隙短暂休息 2.Adhere to the rule of"20-20-20"遵循"20-20-20规则" 3. Report to management when lighting bulb is broken。当有照明灯泡损坏时向领导汇报。 4. Annual testing of illumination with lux meter 使用照度计进行年度照明测试	1	2	2	I

Descriptions:
说明：
1. For occurrence frequency, consider how many cases of such hazard have happened on similar equipment of the same industry.
发生频率考虑同行业类似装置设备发生该类危险的案例多少。
2. The initial risk assessment examines situations where there are no controls for the risk, including extreme situations that may occur.
初始风险评价考虑该风险无任何控制措施的情形，包括可能发生的极端情况。
3. Risk reduction and control measures: Fill in the control measures that need to be maintained or increased from the aspects of personnel ability and quality, operating procedures, operation plans, safety facilities, inspection and monitoring, hidden danger management, and emergency plans.
风险削减及控制措施填写需要保持或增加的控制措施，从人员能力和素质、操作规程、作业方案、安全设施、检查监测、隐患治理、应急预案等方面考虑。
4. Filling of residual risk assessment adopts the risk assessment results after risk reduction and control measures.
剩余风险评价填写采取风险消减及控制措施后的风险评价结果。
Medium and high risk lists shall be filled based on the results of initial risk assessment.
[illegible]

Acknowledgement:
安全告知：

I have been informed of the hidden hazard source and harmful factors during the operation process, the corresponding safety measures and emergency evacuation methods.
我已经了解本项作业过程中的危险源、危害因素、相应的安全措施和应急疏散的途径。

Signature for confirmation:
签字确认：