



Joint Press Statement on Personal Protection and Onsite Emergency Management of Casualties in Mass Gathering Events

The Hong Kong College of Emergency Medicine (HKCEM), the Hong Kong Society for Emergency Medicine and Surgery (HKSEMS) and the Resuscitation Council of Hong Kong (RCHK) are deeply saddened to learn about the tragic stampede that took place in South Korea on 29 October 2022 which caused heavy casualties. We would like to express sincere condolences to the victims and to the families of those who died in this incident.

In view of this incident and the upcoming celebrations in the festival seasons in Hong Kong, we would like to make the following recommendations regarding personal protection and onsite emergency management of casualties when attending large-scale events:

Personal Protection in potential circumstances of stampede:

- Stay calm and remain in an upright position as far as possible.
- Try to protect your chest and rib cage (e.g. to keep your hands up by your chest) to allow breathing
- If you fall, curl up on your side and cover your head with arms and try to get up again if possible.

Onsite Emergency Management of Casualties

Traumatic asphyxia is the most common reason of cardiac arrest in stampede. Chest wall is crushed with breathing impeded leading to hypoxia and cardiac arrest. When cardiac arrest takes place, every second counts. Performing bystander cardio-pulmonary resuscitation (CPR) is extremely critical in reducing harm and saving lives.

In Hong Kong, the prevalence of bystander CPR remains low though various charitable organizations and government have been providing CPR courses to the public. According to the statistics from HK government in 2018, the Hong Kong Fire Services Department has provided training to around 32 000 people under its community CPR training courses since 1999 for over a 20-year period.

Amongst other rescue operations, onsite CPR by bystanders will increase chance of survival. We should strive to make Hong Kong a safer and healthier city including:

- 1) The Education Bureau has to incorporate "cardiopulmonary resuscitation and the use of automated external defibrillators" into the secondary education curriculum. If training is systematically carried out in secondary schools, more citizens will be able to master these two types of first aid, and more victims in cardiac arrest will be rescued timely and has higher chance to survive.
- 2) Carry out the legislation of the "Good Samaritan Law " to protect citizens who perform CPR and automated external defibrillation in good faith to rescue victims in cardiac arrest. Since "good people and good deeds are governed by the law", the willingness of citizens to perform first aid can be enhanced. The survival of cardiac arrest patients will improve if more citizens are willing to perform bystander CPR.

For enquiries, please contact Hong Kong College of Emergency Medicine at 2871-8874, or email sonia@hkcem.org.hk.

Joint Statement By
Hong Kong College of Emergency Medicine (HKCEM)
Hong Kong Society for Emergency Medicine and Surgery (HKSEMS)
Resuscitation Council of Hong Kong (RCHK)



關於於大型活動之個人保護及現場傷亡應急處理的聯合聲明

香港急症科醫學院（HKCEM）、香港急症醫學會（HKSEMS）和香港心肺復蘇委員會（RCHK）就韓國於二零二二年十月二十九日發生的踩踏事件，造成重大人員傷亡，深感悲痛。

我們在此向所有遇難者及遇難者家屬表示誠摯的哀悼。

有鑑於此事件及香港即將來臨的佳節慶祝活動，我們謹就出席大型活動時的個人保護及現場傷亡應急處理提出以下建議：

如懷疑發生踩踏情況，個人保護方法包括：

- 保持冷靜並盡可能保持直立姿勢；
- 盡量保護您的胸腔位置（如將雙手放於胸前）以保持呼吸暢順；
- 如不幸跌倒，把人側身蜷縮起來，用手臂保護頭部，並盡量嘗試再次站起來。

現場傷亡應急處理

創傷性窒息是踩踏事件中心臟驟停之最常見原因。胸壁被壓迫，使呼吸受阻，從而導致缺氧和心臟驟停。當心臟驟停發生時，及時的急救很重要，因此施行旁觀者心肺復蘇術對於減少傷害和挽救生命攸關重要。

在香港，儘管各慈善組織和政府皆有向公眾提供心肺復蘇術課程，但旁觀者心肺復蘇術的普及率仍然很低。根據香港政府 2018 年的統計數據，自 1999 年以來，香港消防處的社區心肺復蘇培訓課程於近 20 年內為約 32,000 人提供培訓。

於各救援行動中，現場的旁觀者心肺復蘇術將增加生存機會。因此我們要努力令香港成為更安全的健康城市包括：

1)教育局將「心肺復蘇法和體外自動去顫器」納入中學教育課程。如果在中學系統性地開展培訓，會有更多市民掌握這兩種急救術，將會有更多的心臟驟停的患者得到即時的搶救而得以生存。

2)開展《好心人法》的立法，以保護「好心」市民出於善意使用心肺復蘇法和體外自動去顫器去搶救心臟驟停的患者。由於「好人好事有法依」，可以提升市民進行急救的意欲。如果越多市民願意施行急救，心臟驟停的患者的生存率就會提升。

如有查詢，[可致電 2871-8874](tel:2871-8874) 或 [電郵 sonia@hkcem.org.hk](mailto:sonia@hkcem.org.hk) 聯絡香港急症科醫學院。

香港急症科醫學院、香港急症醫學會及香港心肺復蘇委員會之聯合聲明