

香港心臟專科學院

世界心臟日

—WORLD HEART DAY 2026-27



學識心肺復甦法 拯救生命你有法



HEART HEALTH
CARNIVAL

LEARN
PRACTICE
SAVE LIVES

START
FROM THE HEART

Organizer :
主辦機構 :



香港心臟專科學院
Hong Kong College of Cardiology

Initiated by :
聯合發起組織 :



**WORLD HEART
FEDERATION®**
UNITING GLOBAL EFFORTS
TO FIGHT HEART DISEASE
AND STROKE

及時急救可拯救心臟驟停患者的生命。越早進行心肺復甦法（CPR）及 / 或使用自動心臟除顫器（AED），效果越好。

Timely first aid can save the lives of cardiac arrest patients. The earlier CPR and/or an AED is used, the better the outcome.

心臟驟停隨時發生，任何人都能出手相救。學習CPR，在關鍵時刻伸出援手，你也可以拯救生命。

Cardiac arrest can strike at any time, and any bystander can step forward to help. Learn CPR and be ready to act - you could save a life.



及早急救，可救一命

Act fast. Save a life.



1

確認患者失去意識且沒有正常呼吸。

Check for unresponsiveness and abnormal breathing.



2

致電999，並請旁人帶來AED。

Call 999 and ask a bystander to get an AED.



3

進行CPR

Start CPR

- 雙手放在患者胸口正中間，快速、用力按壓。
Push hard and fast in the center of the chest.
- 按壓深度為5至6厘米。
Press straight down by 5 to 6 cm.
- 每分鐘按壓100至120次。
Provide 100 to 120 compressions per minute.



4

使用AED（如有）。

Use an AED (if available).



由香港心臟專科學院主辦之世界心臟日，本年度活動內容如下：

The Hong Kong College of Cardiology is going to organize the World Heart Day again this year. Major activities are as follows:

世界心臟日2026-27健心跑暨心臟健康嘉年華
World Heart Day 2026-27 Carnival cum Run for Heart

10 Jan 2027 (Sun)

香港科學園
Hong Kong Science Park

「世界心臟日」香港心臟基金會繪畫比賽
“World Heart Day” The Hong Kong Heart Foundation
Drawing Competition

「世界心臟日」啟動禮暨新聞發布會
“World Heart Day” Press Conference and
Kick-off Ceremony

心臟健康講座
Heart Health Talk



查詢 Enquiry:

2899 2035



H2C:

<https://hkhearthealth.com/>



Run for Heart:

<https://worldheartdayrun.hk/>





香港心臟專科學院 Hong Kong College of Cardiology

香港心臟專科學院於一九九二年成立，乃醫學專業團體及認可的慈善機構，旨在優化心臟病的醫療水平，並致力改善香港市民的心臟健康。學院現有院士三百二十三名及會員一百五十一名。

The Hong Kong College of Cardiology is a charitable organization founded in 1992. It aims at upkeeping the highest standard of cardiovascular practice and working towards the improvement of heart health amongst people of Hong Kong. There are now 323 Fellows and 151 Members.



網站 Website:

www.hkccchk.com



www.hkhearthealth.com



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世界心臟組織聯會 World Heart Federation

世界心臟組織聯會以瑞士日內瓦為基地，是一所世界性的非政府機構。該會由來自一百多個國家超過二百個心臟專科學會及心臟基金會所組成，致力協力全球各地，特別是中、低收入國家的居民預防及控制心血管疾病及中風。

Based in Geneva and as a non-governmental organization, the world heart Federation leads the global fight against heart disease and stroke, with focus on low- and middle-income countries via a community of more than 200 member organizations that brings together the strength of medical societies and heart foundations from more than 100 countries.



網站 Website:

www.world-heart-federation.org