

填寫【人事室辦理】
教職員工健康檢查紀錄問卷路徑

Employees Health Examination Questionnaire
Filling Path Chinese and English Version



校務資訊系統

CH



國立清華大學

校務資訊系統

Academic Information Systems

<https://www.ccxp.nthu.edu.tw/ccxp/INQUIRE/>

NTHU | Core

- 委託授權設定
- 計通中心相關服務
- 研發處資訊系統
- 健康照護系統
 - 個人健康管理
 - 問卷填寫及活動報名
 - 管理者-新

- Book Property Information
- Courses
- Scholarship Systems of
- Scholarship Systems of
- Going Abroad Report S
- Overseas Business Trip
- Project income query
- Authorization
- Computer and Commur
- Office of R&D Informati
- Health Care
 - Personal Health Mana
 - Questionnaire and Ac

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【Acad

For the security of your personal information, please log in to the system at the first time. Strongly recommend using a password with upper case letters, lower case letters, symbols and digits.

For the latest data, don't use proxy server.

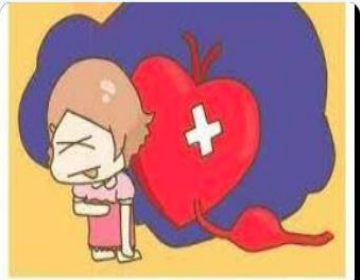
In this system, you probably can (depending on your role):

- update your personal information, including family contact number, etc.
- obtain your income statements.

問卷調查

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全部 / 專業評估 / 一般問卷



十年內發生缺血性心臟病的風險值估算表

專業評估

點數贈送: +5 點



一般健康檢查及列管實驗室問卷調查表 (新進人員) Employee Physical.

專業評估



【人事室辦理】教職員工健康檢查紀錄問卷 Employees Health...

PRO



我的烹調方式健康嗎 Is my cooking healthy?

一般問卷

(已獲得) 點數: +2 點



十年內發生缺血性心臟病的風險值估算表

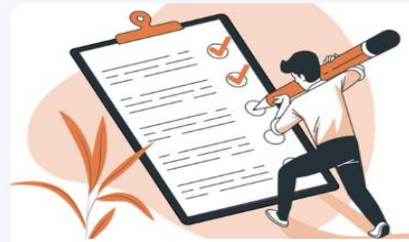
專業評估

Gift Points : +5 point



一般健康檢查及列管實驗室問卷調查表 (新進人員) Employee Physical...

專業評估



【人事室辦理】教職員工健康檢查紀錄問卷 Employees Health...

PRO



我的烹調方式健康嗎 Is my cooking healthy?

一般問卷

(Gain) points : +2 point

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- 不痛 (可自由活動) No Pain 痛可以忽略 (活動到極限會痠痛) Mild Pain- Pain can be ignored
- 痛可能影響工作 (活動超過一半會痠痛) Moderate Pain- Pain is noticeable and distracting
- 痛影響工作(活動只能一半) Moderately strong pain – Pain interferes with your work
- 痛影響自主活動能力(活動只能1/4) Severe pain-pain limits your ability to perform normal daily activities
- 極度疼痛 (完全無法自主活動) Intense pain-physical activity is severely limited

02A-13. 部位症狀調查_左腳踝/左腳 Left ankle/left foot

- 不痛 (可自由活動) No Pain 痛可以忽略 (活動到極限會痠痛) Mild Pain- Pain can be ignored
- 痛可能影響工作 (活動超過一半會痠痛) Moderate Pain- Pain is noticeable and distracting
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- 極度疼痛 (完全無法自主活動) Intense pain-physical activity is severely limited

02A-14. 部位症狀調查_右腳踝/右腳 Right ankle /right foot

- 不痛 (可自由活動) No Pain 痛可以忽略 (活動到極限會痠痛) Mild Pain- Pain can be ignored
- 痛可能影響工作 (活動超過一半會痠痛) Moderate Pain- Pain is noticeable and distracting
- 痛影響工作(活動只能一半) Moderately strong pain – Pain interferes with your work
- 痛影響自主活動能力(活動只能1/4) Severe pain-pain limits your ability to perform normal daily activities
- 極度疼痛 (完全無法自主活動) Intense pain-physical activity is severely limited

- 完全沒有 Not at all 輕微 A little bit 中等程度 Moderately 厲害 Quite a bit 非常厲害 Extremely

八、心理健康量表 Psychological Scale

*06. 有自殺的想法 Having suicidal thoughts

- 完全沒有 Not at all 輕微 A little bit 中等程度 Moderately 厲害 Quite a bit 非常厲害 Extremely

九、肌肉骨骼症狀調查 Musculoskeletal Scale

*01. 慣用手 Dominant hand

- 左手 Left 右手 Right

*02. 您在過去的1年內，身體是否有長達2星期以上的疲勞、酸痛、發麻、刺痛等不舒服，或關節活動受到限制 In the past year, have you ever felt uncomfortable like fatigue, numbness, soreness, sharp pain, etc., or restricted joint movement for longer than 2 weeks at a time?

- 否 No 是 Yes

填寫問卷完成後，請點選送出
After completing the questionnaire, please click send

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返回

送出

EN

return

send

完成後會出現以下畫面

After completion, the following screen will appear

教職員工及特別危害作業人員(含列管實驗室)健康檢查紀錄問卷 Labor Physical Health Examination Questionnaire

本健康問卷依據職安法第20、21條、職安法施行細則第27、29條、勞工健康保護規則第(12)、17、21條規定，進行本校教職員工生問卷調查。

回應結果說明

七、過勞量表_個人 Fatigue
Scale_Personal

70分以上 points and above

您的個人過勞程度嚴重。您時常感到疲勞、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。 Your personal burnout level is severe, and you often feel tired, exhausted, drain or weak as if you were about to get sick. It is suggested that you should change your lifestyle moderately. Aside from increasing the exercise and leisure time, you are highly recommended to seek professional advice.

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2023 National Tsing Hua University Employee and Labor Physical Health Examination Questionnaire

本健康問卷依據職安法第20、21條、職安法施行細則第27、29條、勞工健康保護規則第(12)、17、21條規定，進行本校教職員工生問卷調查。

回應結果說明

七、過勞量表_個人 Fatigue
Scale_Personal

50分以下 points and below

您的個人過勞程度輕微，您並不常感到疲勞、體力透支、筋疲力竭、或者虛弱好像快生病的樣子。 Your personal burnout level is mild, and you don't often feel tired, exhausted, drain or weak as if you were about to get sick.

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