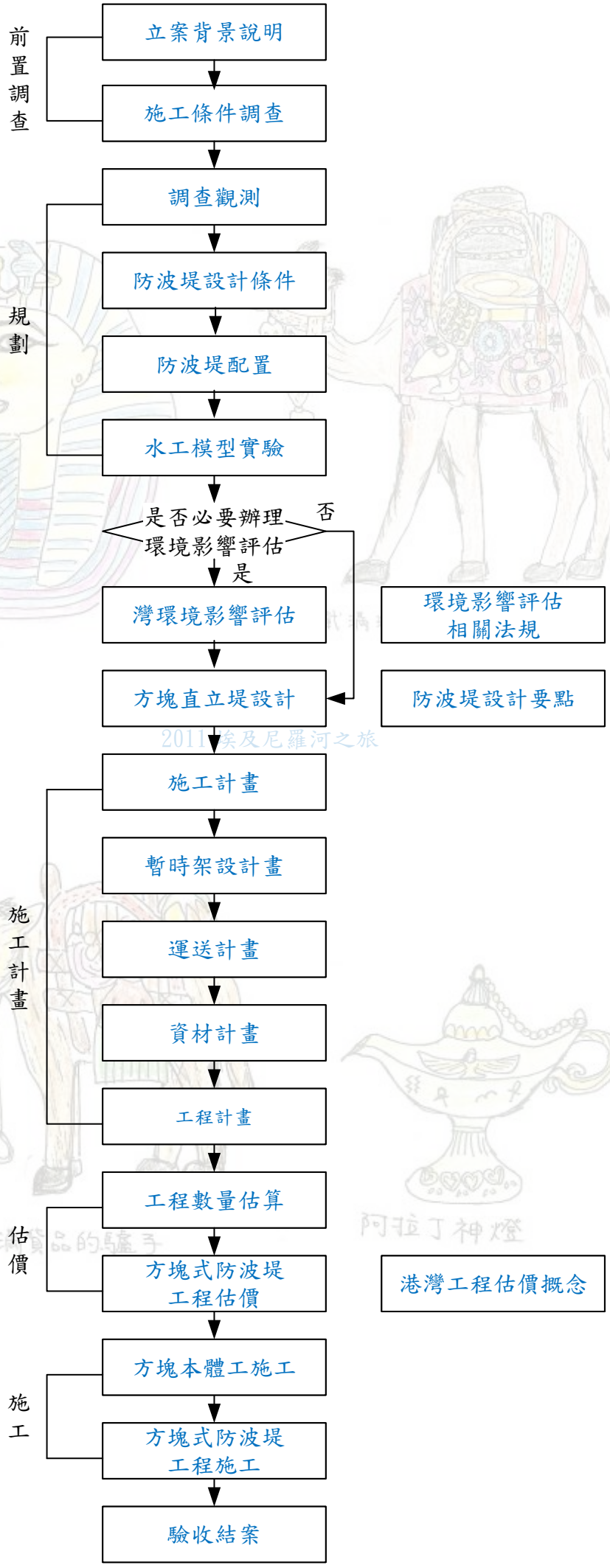方塊式防波堤工程作業流程