



醒目做家務

安全健康要知道

Doing Housework in a Safe and Smart Way

家務工作安全及健康要點

Safety and Health Precautions for Housework

切傷、割傷

Cuts and slashes

- 注意正確的切割技巧，可減少意外發生，例如在切割物料時，應緊握刀柄，而刀具應由內向外及由上向下。
- 除切割外，刀具不應作其他用途，例如用作開罐頭。

Cutting in the correct way can avoid accidents, for example, by holding the handle tightly and cutting the object outward and downward, not the other way round.

Knives should be used for cutting and slicing only and not for other purposes such as opening a tin.



絆倒、滑倒和高處墮下

Slips, trips and falls

- 在廚房及洗手間門口加設防滑地氈，避免因鞋底/腳濕滑而滑倒。
 - 使用有長手柄的工具協助工作，切勿把身體伸出窗外進行清潔。
- Put anti-slip mat at the entrance to the kitchen and toilet to prevent slipping when walking on wet shoes or feet.
- Use a tool with a long handle, never lean out of the window to do the cleaning.

燙傷、燒傷

Scalds and burns

- 小心察看正受熱或高溫烹煮之食物，勿讓冒升的蒸氣所傷，例如在開啟有蓋的容器時，應先穿戴隔熱手套或採用乾毛巾並與容器保持距離，慢慢將蓋子由較遠一邊開始揭開。
- 調校適當爐火，勿讓火勢過猛。鍋柄不可越過正在燃燒的爐頭。

Be careful when checking on food being heated or cooked under high temperature to avoid scalding by steam. For example, use a pair of kitchen mittens or dry towel to handle hot covered container. Remove the cover gently on the far side and away from the body.

Adjust the flame to a suitable level to keep it from getting too strong. Handles should not be right above a burning stove.

通渠及使用化學品

Clearing the drains and using chemicals

- 工地地點必須保持空氣流通。
- 不要隨意與其他消毒劑或清潔劑混合使用。

Ensure good ventilation at the area of work.

Do not mix it with other sterilisers or cleaning agents arbitrarily.

使用電器

Using electrical appliances

- 使用電器前須檢查電線是否損壞、纏結，插頭是否完好。
- 拔除插頭離開插座時，要用手按緊插頭，手不可濕，更不可拉動電線。

Before use, check whether the electric wires are damaged or tangled and whether the plug is in good condition.

When unplugging, grip the plug and never pull the wire. Never do it with wet hands.

