

全方位「保安心」神器

“The all-rounded ‘safety assured’ gadgets”

「服務安全」是本會的首要考慮，因此，本會在不同角落都裝設或加添保障服務使用者及職員的「保安心神器」，現在就讓我們逐一把他們找出來！

“Service safety” is the primary concern of the Society, that is why our Society installed “safety assured” gadgets in our service units. Let us identify them below!

高級職業治療師 陳佩瑤女士
Ms. CHAN Fiona,
Senior Occupational Therapist



防夾手門盾

Finger pinch Guard Door Shield

俗語有云「十指痛歸心」，為了慎防本會服務使用者不小心被門夾手，本會服務單位於門縫之間裝上防夾手門盾，有效減緩關門速度，同時防止關門時，手指被夾於門鉸與門框之間而受傷。

As the idiom says, “a pinch in the fingers is like a pinch in the heart”, in order to prevent our service users from accidentally getting their fingers or hands being pinched or caught by a closing door, the Society's service units has installed finger pinch guard door shields on door cracks, which reduces the speed of doors closing and prevents fingers from getting hurt from caught between the door hinge and door frame.

櫃身固定器

Cabinet stabilizer

為確保服務使用者安全，本會服務監察委員會建議服務單位內所有「高身櫃」必須加固於牆身，以免櫃子翻側壓倒服務使用者。

In order to ensure the safety of our service users, the Society's Services Monitoring Committee recommends service units to secure and anchor all “tall cabinets” onto the walls to prevent the cabinets from falling over and hurting service users.

「防患未然」

意外往往防不勝防，因此本會從小處入手，引入不同的神器來保障服務使用者及職員的安全。

Prevention is Better Than Cure

Accidents are difficult to prevent, which is why the Society must take a precautionary step to prevent accidents from happening before it is too late through the use of a variety of gadgets, tools and equipment.



防切割手套

Cut-resistant gloves

本會近年積極研製「食用軟餐」，其中扶康會賽馬會石圍角工場更成立「康姨廚房」，不少服務使用者亦參與食品製作，為防止職員及服務使用者在切割食材時受傷，本會特意添置防切割手套讓他們戴上，確保服務使用者在接受廚務訓練時的安全。

The Society has been keen on developing “Soft Meals”. Hence, the Fu Hong Society Jockey Club Shek Wai Kok Workshop established the “Madam Hong’s Kitchen”, where many service users participated in the food production process as trainees. To prevent service users and staff from getting hurt while cutting up ingredients, the Society purchased cut-resistant gloves for them to wear to ensure their safety when using knives.

扶康會賽馬會石圍角工場廚師 黃偉楊先生
Mr. WONG Wai Yeung, Chef of
FHS Jockey Club Shek Wai Kok Workshop

保險熱水制

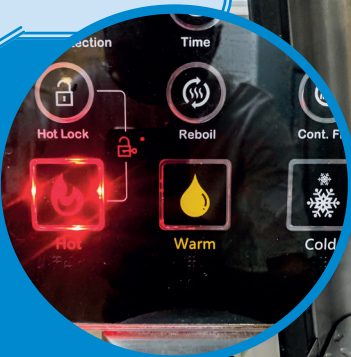
Secure hot water taps

適當補充水分很重要，本會服務單位內設有冷暖飲水機；為免服務使用者誤觸熱水制被熱水燙傷，每部飲水機均設有熱水保險制，使用時必須解鎖，熱水才會輸出，以免服務使用者燙傷。

It is important to stay hydrated, service units of our Society is equipped with a cool and warm water dispenser. To prevent service users from being scalded by hot water, each water dispenser comes with a hot water safety lock, which has to be unlocked before dispensing hot water.



扶康會賽馬會石圍角工場經理 梁浩明先生
Mr. LEUNG Tony, Service Manager of
FHS Jockey Club Shek Wai Kok Workshop



垃圾自動升降台

Automatic rubbish lifting platform

樓高六層，位於香港仔的扶康會康復中心，合共提供約 300 個住宿名額及日間訓練名額。由於服務使用者眾多，每天都會產生大量垃圾，包括使用過的尿片、廚餘、及一般垃圾等。每袋垃圾的重量都相當驚人，每日當職員要把垃圾拋進中央垃圾房內的高身垃圾桶時，容易引致腰及肩膀等部位勞損受傷。有見及此，物理治療師走訪多個大型垃圾站及製造搬扶機器的工廠，不見有相關輔助器具，經與廠方商討，自家設計並訂製一台自動升降台，職員只需將垃圾放到升降台及按下按鈕，垃圾便自動升高至高身垃圾桶口的高度，如此一來，職員無需像以往般大幅提舉垃圾，大大減少勞損的機會。

The FHS Rehabilitation Centre located in Aberdeen is a six-storey tall building providing residential services and day training services for around 300 service users. A large amount of rubbish and waste will be generated on a daily basis. Each bag of rubbish carries considerable weight, which will easily cause back and shoulder injuries due to the unnecessary strain placed in the process of lifting and moving the rubbish, and disposing them into the bins in the central bin room. In view of that, the Physiotherapist visited many rubbish collection stations and factories that produce lifting machines. Upon consultation, he suggested a self-designed customized automatic lifting platform. With this machine in place, staff would only need to place the rubbish onto lifting platform and press a button, then the rubbish would rise automatically to the level of the opening of the tall rubbish bin. In that way, there is no need for staff to lift the rubbish, which greatly reduces the chance of unnecessary strains and injuries.

一級物理治療師 林勁松先生
Mr. LAM Billy, Physiotherapist I

自家設計及度身訂做垃圾自動升降台，以輔助職員處理垃圾。

The self-design and custom-made automatic rubbish lifting platform, to assist staff when moving rubbish.



不鏽鋼面板，垃圾更容易推入高身垃圾桶內。

Using stainless steel panel, rubbish can be easily pushed into tall rubbish bins.



只要按下按鈕，整個升降台便會升至與高身垃圾桶高度一樣。

Press the button and the entire lifting platform can rise to the height of a tall rubbish bin.

神奇污衣車 Miracle laundry cart

本會毅誠工場的洗衣房每日處理數百位住客的污衣。由於污衣車高身過腰，職員在取出底部的污衣時，需大幅度彎腰伸手向內取出衣服，容易引致腰部勞損及受傷。有見及此，物理治療師便在工場的安全會議中建議引入這個「神奇污衣車」，以減低職員取出或轉移衣物時提舉及彎腰的幅度，從而減低受傷的機會。

Staff and service users of the Society's Ngai Shing Workshop have to handle laundry works for 300 residents. Since laundry carts are taller than waist level, staff and service users often have to bend and reach into the bottom of the cart to take

out the clothes, this can easily strain and injure the waist. In view of that, the physiotherapist suggested during the workshop's safety meeting to buy this "Miracle Laundry Cart", so as to reduce the extent of lifting and bending that the staff would have to do when taking out or moving the clothes, and minimizes the chance of them getting hurt.

毅誠工場助理經理 何帶喜先生
Mr. HO Ken, Assistant Manager
of Ngai Shing Workshop



污衣車的四邊有彈弓連繫底部，當衣服量減少時，污衣車的底部便隨之升高；因此，不論衣服的重量如何，車底也不會距離職員太遠，減少職員彎身的幅度。

There are springs connected to the four corners of the laundry cart. When the amount of clothes lessens, the base of the laundry cart rises. Therefore, no matter how heavy the clothes are, the base of the cart will not be too far away from the staff. This reduces the extent that the employee has to bend.

職安小貼士 Work safety tips:

慎防被「跌」

要避免工作時滑倒，扶康會備有以下幾個職安錦囊，讓職員參照：

錦囊 1 穿著防滑鞋，經常留意鞋底的防滑情況，如坑紋變淺便需盡快更換。



錦囊 2 「即拖即乾」：拖地後隨即用乾地拖/抹地布拖乾地板，並開啟風扇、冷氣、吹地機、抽濕機等，加快吹乾地板。若未能做到「即拖即乾」便需要封場，不准任何人士進入。

錦囊 3 在廚房、洗手間門外對出地板容易弄濕，宜鋪設高度防滑地板。



只要大家善用「神器」和注意職場健康，就可以做到職場「零」意外。

As long as we make good use of the "magic gadgets" and pay attention to safety, a "zero" accident workplace can be achieved.

Be careful of being "tripped over"

To prevent being "tripped over" in the workplace, the Fu Hong Society has the following work safety tips for our staff to refer to:

Tip 1 Wear non-slippery shoes. Always pay attention to the condition of the shoes which are subject to wear and tear. If the shoes' sole are worn out, they need to be replaced as soon as possible.

Tip 2 "Dry immediately after mopping": dry the surface with a dry mop cloth after mopping. Turn on the fan, air-con, floor dryer, dehumidifier and so on, to dry the floor quicker. The venue should be restricted for entrance until it is dry.

Tip 3 Flooring outside of the kitchen and the toilet can get wet easily, so it is better to lay highly-non slip flooring there.

高級物理治療師 蔡東洲先生
Mr. TSOI Jonathan,
Senior Physiotherapist

