

Chapter 4

章

Home Safety
家居安全

4.1 FIRE SAFETY

Fire safety is subject to complex and frequently updated legislation in statutory building regulation systems. Buildings shall at least comply with local regulations. Regulations may include specific, defined meanings to related terminology. The following is an introduction to related issues and should not be taken as indicative of statutory requirements.

4.1.1 Fire Prevention

Fire Safety Education and Training

- It is recommended that all residents, especially the elderly, children and people with disabilities, shall attend fire drill and fire safety briefings.

Storage Safety

- It is recommended that a lockable cabinet shall be provided to store volatile chemicals.
- It is recommended that lockable cabinets shall be provided in kitchens to store matches and lighters apart, especially from volatile chemicals.

Kitchen Safety

- Where provided, it is recommended that hooks for dishtowels shall be located not less than 1000mm away from stoves or cooktops.
- It is recommended that window curtains shall not be provided unless further than 1000mm away from stoves or cooktops.
- It is recommended that the functions of kitchen ventilation systems or rangehoods shall be checked to ensure mechanical function and to monitor build-up of airborne waste such as grease.

4.1

4.1 消防安全

消防安全受制於複雜和經常更新的法定建築規例制度。建築物最少應遵從本地規例，其可能包括有關術語的特定和界定意義。以下將推薦部分防火安全措施，不應視為法定要求。

4.1.1 防火措施

消防安全教育和訓練

- 建議全體居民，尤其長者、兒童和殘障人士，應該參與火警演習和消防安全講座。

儲物安全

- 建議應設置上鎖的櫃，用以貯存揮發性的化學品。
- 建議在廚房應設置上鎖的櫃，用以分開存放火柴及打火機，尤其是不要接近揮發性的化學品。

廚房安全

- 如廚房內設有抹布掛鉤，建議應將其安裝於離開廚房爐具至少1000毫米的地方。
- 建議窗簾應離開廚房爐具至少1000毫米。
- 建議應定期檢查廚房通風系統或抽油煙機的排氣功能，以確保其功能正常，清理由氣體所產生的廢物，例如油脂。

Dish towels are too close to the stove
抹布太接近爐具



Electrical Safety

- Where provided, it is recommended that electric heaters shall be installed more than 1000mm away from inflammables such as curtains. To allow heaters to be automatically switched off at night, it is recommended to installed time controllers.
- It is recommended that electrical outlets shall be located not less than 900mm away from water.
- Electrical outlets and extension cords should not be overloaded.
- Fixed electrical wiring should be concealed.
- Where exposed fixed electrical wiring already exists, it should be checked for damage regularly.
- Particularly where young children are active, it is recommended that unused socket outlets shall be capped.
- It is recommended that electrical appliances shall be unplugged and stored away from water when not in use.

電力安全

- 如設有電暖爐，建議應將其安裝於離開窗簾等易燃物品最少1000毫米的地方，並安裝定時裝置，在晚上自動關掉暖爐。
- 建議電源插座安裝的位置，應離開水源最少900毫米。
- 不可超載負荷電源插座和駁線。
- 固定的電線必須隱藏安裝。
- 要定期檢查外露的固定電線。
- 在小孩活動的地方，建議應將未使用的電源插座遮蓋。
- 建議應拔除不使用的電器插頭，貯藏在遠離水源的地方。



The electrical outlet is too close to the sink and water tap
電源太接近洗滌盆及水龍頭



The electrical wires are overloaded
電源超出負荷

4.1.2 Fire Escape Contingency Planning

It is recommended that every household shall develop a fire escape plan with full consideration for the needs of children, the elderly, the weak and people with disabilities.

As part of Fire Escape Contingency Planning, it is recommended that:

- Sketches indicating floor plans of flats and floor plans of the building shall be prepared, including all rooms with relevant features such as windows, doors, steps, stairways, ladders, lifts, smoke alarms, fire extinguishers, fire blankets, and furniture layout.
- At least two escape routes shall be identified to evacuate from a building, including provisions for the weak and people with disabilities.
- Heavy furniture or potentially dangerous furniture shall be located away from escape routes.
- Smoke alarms shall be installed in flats and communal areas.
- Smoke alarms shall be checked regularly to ensure functioning and user recognition.
- To ensure warning of residents with visual and hearing impairments, smoke alarms shall be selected with vibration, strobe light or other types of audible and visual signals.
- Where windows form part of an escape plan, windows shall be checked regularly to ensure ease of opening.
- A meeting place shall be designated, away from potential danger.
- Escape plan sketches shall be posted in all rooms and communal areas. Escape routes shall be indicated in contrasting colours.
- All residents shall participate in fire drills at least twice every year.
- All residents, particularly children, the elderly and people with disabilities, shall be informed of the location and functions of refuge areas where provided.

4.1

4.1.2 疏散計劃

建議每個家庭都應訂定一個疏散計劃，並顧及老幼殘弱的需要。

疏散規劃應包涵下列各項：

- 畫出住宅單位和樓宇平面圖，包括所有相關設施，如窗戶、門戶、梯級、樓梯、梯子、升降機、煙霧警報器、滅火筒、滅火氈及傢具的位置。
- 至少應設定兩條逃離樓宇的疏散路線，包括體弱者和殘障人士適用的路線。
- 重型傢具或有潛在危險的傢具，應該遠離逃生路線。
- 住宅單位和共用地方必須安裝煙霧警報器。
- 必須定期檢查煙霧警報器，確保功能正常，以及使用者能夠辨識警報。
- 煙霧警報器應安裝閃光燈、震動器或其他形式的聽覺及視覺警號，確保視障及聽覺障礙的居民可以收到警報。
- 如果窗戶也為疏散設施的一部分，應定期檢查窗戶，確保能正常開啟。
- 在遠離有潛在危險的地點設定集合處。
- 所有房間和共用地方均須張貼疏散計劃圖。疏散路線應以對比色標示。
- 所有居民每年均須參加至少兩次火警演習。
- 應通知所有居民，包括兒童、長者和殘障人士有關避難區（如有的話）的位置和作用。

4.1.3 Barrier-Free Means of Escape

4.1.3.1 Refuge Areas

Where refuge areas are provided, accessibility is a priority. Refuge areas can be located in the following places:

- (1) Protected Lobbies Adjacent to Staircases
- (2) Protected Lobbies Adjacent to Fireman's lifts
- (3) Stairway Smoke-Proof Enclosures
- (4) Exterior Balconies Adjacent to Staircases
- (5) Vented Stairway Landings

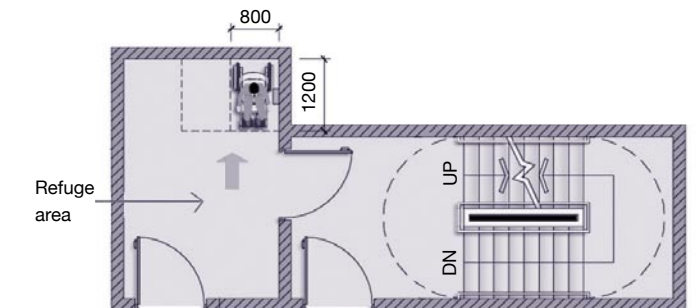
4.1.3 無障礙疏散設計

4.1.3.1 避難區

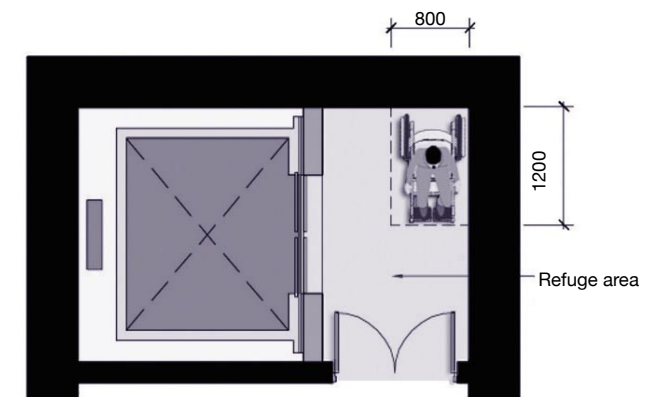
如果設置避難區，首要應考慮無障礙設計。避難區可設於下列各處：

- (1) 靠近樓梯的消防前室
- (2) 靠近電梯的消防前室
- (3) 防煙區樓梯
- (4) 靠近樓梯的室外露台
- (5) 有自然通風設備的樓梯平台

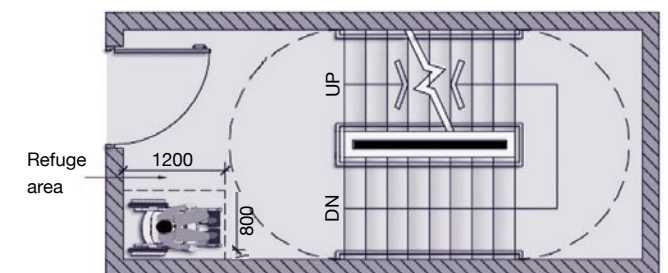
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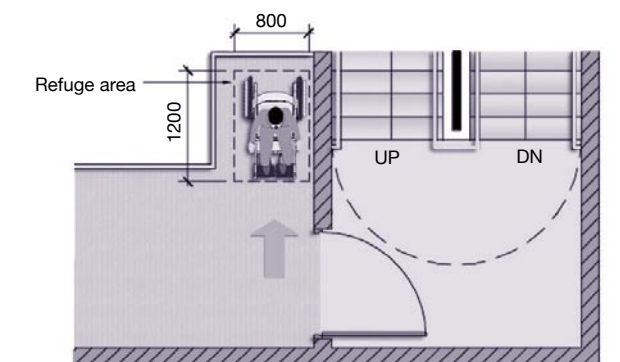
A stairway smoke-proof enclosure as a refuge area
有防煙圍封的樓梯前室作為避難區



A protected lobby adjacent to the fireman's lift as a refuge area
靠近消防員升降機的前室作為避難區



A vented stairway landing as a refuge area
有通風設備的樓梯上落處作為避難區



An exterior balcony adjacent to the staircase as a refuge area
靠近樓梯的外圍露台作為避難區

Ideally, natural ventilation shall be provided to protected lobbies. It is recommended that design of refuge areas shall meet the following requirements:

Floor Surfaces for Refuge Areas

- To ensure recognition by people with visual impairments, it is recommended that tactile positional tiles shall be provided beside the entrance to a refuge area.
- Slip-resistant floor surfaces should be provided in refuge areas.

Fire Doors to Refuge Areas

- Refuge areas shall be enclosed by fire doors.

Wheelchair Parking Space in Refuge Areas

- At least one wheelchair parking space shall be provided in each refuge area.
- It is recommended that wheelchair parking spaces shall be indicated by distinctive floor materials or floor markings.
- It is recommended that the area of each wheelchair parking spaces shall be not less than 800mm x 1200mm.
- It is recommended that wheelchair parking spaces shall not block exit paths to staircases or fireman's lifts.

Fire Safety Equipment

- It is recommended that the refuge areas be provided with clear signage at the entrance to the refuge area and on escape routes. To enable recognitions by people with visual impairments, it is recommended that signs shall employ contrasting colours, and shall be duplicated by Braille and raised letter labelling in appropriate locations.
- To facilitate use by people in wheelchairs, it is recommended that communication equipment in refuge areas shall be provided close to wheelchair parking space and at a height between 750mm and 1100mm. It should enable calls to the Building Management Office and emergency services. To facilitate use by people with visual impairments, it is recommended that Braille and raised letter / character labelling shall be provided to all communication equipment.
- It is recommended that emergency call buttons be of a suitable type for use by people with disabilities and the elderly. To enable recognition by people with visual impairments, it is recommended that emergency call buttons shall employ contrasting colours, and shall be labelled in Braille and raised letters.

4.1 最理想的避難區應有自然的通風系統。建議避難區的設計應符合以下要求：

避難區的地面

- 建議在避難區入口的旁邊，設置方位引路磚，以方便視障人士識別避難區入口方位。
- 避難區應鋪設防滑地面。

避難區的防火門

- 避難區應設防火門。

避難區的輪椅停放處

- 每個避難區至少應設置一個輪椅停放處。
- 建議將輪椅停放處地面鋪設顯眼的物料或標示範圍，以容易識別。
- 建議每個輪椅停放處的面積應不少於800毫米 x 1200毫米。
- 建議輪椅停放處不應阻塞疏散至樓梯或消防升降機的通道。

消防設備

- 建議在避難區入口和逃生通道應設指示牌，明確標誌避難區方位，以確保視障人士能夠識別。建議這些標誌應採用對比色，並於適當位置多次使用設有凸起盲文及字母的標誌。
- 為了方便輪椅人士，建議在避難區靠近輪椅停放處的地方設置通訊設備，高度應介乎750毫米至1100毫米之間。這些通訊設備可以聯繫至大廈管理處和緊急救援服務。為了方便視障人士，這些通訊設備應設置凸起盲文及字母。
- 建議應裝置適合殘障人士及長者使用的緊急救援按鈕。為使視障人士能夠識別，建議緊急救援按鈕必須採用對比色，並設凸起盲文及字母。

4.1.3.2 防火門

防火門的設計應全面顧及殘障人士和長者的需要，並建議符合下列要求：

- 建議防火門須適合殘障人士使用，尤其輪椅人士。設計須符合第3章的無障礙門的設計要求。
- 建議所有疏散門的淨寬不少於850毫米。
- 建議疏散門應採用對比色，以方便視障人士。
- 建議設置發聲訊號，以指示疏散門方向，以協助視障人士。
- 建議疏散門應設置觀望板，建議板段底部不應離地面多於1000毫米；其頂部不應離地面少於1500毫米。
- 建議自掩門設置可調整的關門裝置。

4.1.3.3 消防員升降機

- 多於一層的樓宇，建議消防升降機應可到達所有樓層，包括避難層。
- 建議消防升降機應附設消防樓梯。
- 建議消防升降機須為無障礙升降機。無障礙升降機的設計參見3.8章。
- 建議大廈應有主要及輔助電源供應以防火災將主要電源供應中斷。
- 建議消防升降機應設置通訊器材，以便傳喚大廈管理處和緊急救援服務。建議所有通訊器材應設置凸起盲文及字母/文字標誌，以方便視障人士使用。
- 建議消防升降機應設置自行返回地面的按鈕。
- 消防升降機及其附設樓梯須用耐火材料圍護封閉。

4.1 4.1.3.2 Fire Doors

Fire doors design should take into consideration the needs of people with disabilities and the elderly. It should meet the following requirements:

- It is recommended that fire doors shall be accessible to people with disabilities, especially people in wheelchairs. Design requirements for accessible doors are discussed in Chapter 3.
- It is recommended that the clear width of all escape doors shall not be less than 850mm.
- Particularly to facilitate recognition by people with visual impairments, it is recommended that escape doors shall be painted in contrasting colours.
- Particularly to facilitate recognition by people with visual impairments, it is recommended that an audible signal shall be provided to indicate the location of escape doors.
- It is recommended that vision panels shall be provided to escape doors. It is recommended that the bottom edge of the vision panel shall be at a height of not more than 1000mm and the top edge at a height of not less than 1500mm above floor level.
- Where there is a self-closing door, it is recommended to provide an adjustable closing mechanism.

4.1.3.3 Fireman's Lifts

- It is recommended that for buildings of more than one floor, all floors, including refuge floors shall be accessed by fireman's lifts.
- It is recommended that fireman's lifts shall be combined with a fire-rated staircase.
- It is recommended that fireman's lifts shall be designed to be accessible lifts. Design of accessible lifts is discussed in chapter 3.8.
- In case a fire breaks in the main supply, it is recommended that fireman's lifts shall be provided with duplicate power supply.
- It is recommended that fireman's lifts shall be provided with communication equipment to enable calls to the building management offices and emergency services. To facilitate use by people with visual impairments, it is recommended that Braille and raised letter / character labelling shall be provided to all communication equipment.
- It is recommended that fireman's lifts shall be provided with a push button for automatic return to ground floor.
- Fireman's lifts and associated staircases shall be protected by a fire-rated enclosure.



Visual Alarm
視覺警報

4.2 ALARM AND EMERGENCY PROVISIONS

4.2

4.2 警報及應急裝備

4.2.1 Audible Alarm and Public Announcement Systems

- It is recommended that combined alarm systems shall be provided to alert all residents in case of emergency.
- It is recommended that public announcement systems shall be provided at corridors, staircases and protected lobbies. To minimise panic, emergency messages should be calm in tone.

4.2.2 Visual Alarm Systems

In order to alert people with hearing impairments, it is recommended that:

- Visual alarms shall be provided in addition to audible alarms.
- Tests and fire drills shall be undertaken to ensure visual alarm systems are adequately bright.
- Alarm systems with vibration shall be provided.

4.2.3 Fire Blankets

- It is recommended that fire blankets shall be provided in kitchens.
- To facilitate use by children and people in wheelchairs, it is recommended that fire blankets shall be located with their pull tapes at a height of not more than 1200mm above floor level.
- It is recommended that fire blankets shall be labelled in Braille and raised letters / characters no less than 25mm high.

4.2.4 Fire Extinguishers

- It is recommended that fire extinguishers shall be provided in kitchens, communal corridors, and outside protected lobbies or staircases.
- To facilitate use by children and people in wheelchairs, it is recommended that fire extinguishers shall be hung with their handles not higher than 1200mm above floor level.
- It is recommended that fire drills shall offer demonstration of fire extinguisher use.
- To facilitate use by the weak, the elderly and children, it is recommended that small, portable fire extinguishers shall be provided.

4.2.1 發聲警報及公眾廣播系統

- 建議應使用綜合式的警報系統，在緊急時警告所有居民。
- 建議應在各走廊、樓梯及消防前室大堂裝置公眾廣播系統。緊急廣播訊息須語調平靜，以減低恐慌。

4.2.2 視覺警報系統

建議設置以下設施，以方便聽覺障礙人士：

- 在發聲警報以外，另設置視覺警報設備。
- 要進行測試和演習，確保視覺警報系統的光度充足。
- 應設有震動裝置的警報設備。

4.2.3 滅火氈

- 建議在廚房設置滅火氈。
- 建議滅火氈拉條高度不應離地面超過1200毫米，方便輪椅人士及兒童使用。
- 建議滅火氈的標籤應設有凸起盲文及字母/文字，其字體高度不應少於25毫米。

4.2.4 滅火筒

- 建議廚房、公共走廊、消防前室外和樓梯均應設置滅火筒。
- 建議滅火筒把手高度離地面不應超過1200毫米，以方便輪椅人士及兒童使用。
- 建議應該進行火警演習，講解滅火筒的使用方法。
- 建議提供小型、易攜的滅火筒，方便體弱者、長者和兒童使用。

4.3 LIGHTING AND SIGNAGE

4.3

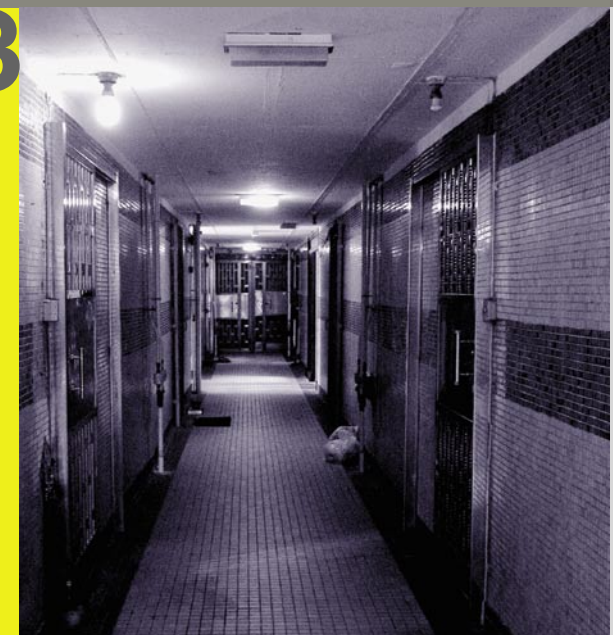
4.3.1 Lighting

- It is recommended that communal area, such as corridors and lift lobbies, shall be provided with artificial lighting to give illumination of not less than 120 lux at floor level. In order to save energy, it is recommended that where natural light is available in daytime, or usage is intermittent, sensors and timers shall be provided to control lighting.
- It is recommended that an illumination level of not less than 120 lux shall be provided on the face of signs.
- To facilitate use by people with visual impairments, it is recommended that higher illumination shall be provided at locations requiring activities, such as flat entrances and refuse chutes.

4.3 照明設備和指示牌

4.3.1 照明設備

- 建議在走廊和升降機大堂等共用地方設置人工照明系統，地面照明度不得少於120勒克斯。為節省能源，建議在可使用自然光線的日間，或在間歇使用期間，應使用感應器及時間掣控制人工照明時間。
- 建議在指示牌表面的照明度不得少於120勒克斯。
- 建議在活動頻密的地方如住宅單位入口及垃圾槽，設置較光亮的照明，以方便視障人士使用。



Bad practice- an internal corridor with insufficient lighting
不良做法- 無充足照明的室內走道

4.3.2 Signage

General Design Considerations

- To facilitate understanding by people with visual impairments, it is recommended that signs shall be supplemented by labelling with Braille and raised letters / characters of 60mm height.
- It is recommended that signs shall be written in both English and Chinese.
- It is recommended that functional signs shall give clear instructions or information, with easily understood graphics.

Locations

- The location and design of signs is an independent design discipline. Certain notices, labels and directional signs may also be subject to statutory requirements. It is recommended that simple labels shall be provided between 800mm and 1500mm above floor level.
- When refuge floors are provided, it is recommended that their location shall be indicated in both English and Chinese at the main entrance of the building.
- It is recommended that signs at flat entrances indicating flat numbers shall be provided at a maximum height of 2000mm.
- It is recommended that maps and information panels at building entrances and along roads shall be provided at a height between 900mm and 1800mm.
- Overhanging signs should allow a minimum overhead clearance of 2000mm.
- It is recommended that signs shall be provided at the lift lobbies and stair landings to inform the floor number.
- To prevent reflection, it is recommended that signs shall not be placed behind glass.

Shape of Signboards

- It is recommended that:
 - Information signboards shall be rectangular.
 - Warning signboards shall be triangular.
 - Interdictory signboards shall be circular.

Signs beside the accessible lift door
在方便易達升降機門旁的指示牌



Signs at the lift lobby
升降機大堂指示牌



Signage for M&E room
電機房指示牌



4.3

4.3.2 指示牌

一般設計考慮

- 建議指示牌設置凸起盲文及字母/文字，以方便視障人士使用，字體高度宜不少於60毫米。
- 建議指示牌應用中英文書寫。
- 建議指示牌的資料和指示要清晰，並有容易理解的圖像表示。

位置

- 指示牌的設計及擺設位置是一門專門的學問。某些通告、標誌和指示牌也須符合法定要求。建議簡單的標記應該離地面800毫米至1500毫米。
- 樓宇如設有避難層，建議應在樓宇主要入口處提供中英文指示，顯示避難層的位置。
- 建議住宅單位門口顯示門牌號數的指示牌，應位於離地面不應超過2000毫米的地方。
- 建議應在樓宇的入口和沿途，提供地圖及訊息指示牌，其高度應介乎900毫米至1800毫米。
- 懸掛指示牌下淨空高度至少應有2000毫米。
- 建議應在升降機大堂及樓梯平台提供指示牌，以顯示層數。
- 建議所有指示牌不應放在玻璃後面，避免反光。

指示牌形狀

- 建議如下：
 - 訊息指示牌宜為長方形。
 - 警告指示牌宜為三角形。
 - 禁止指示牌宜為圓形。

字體

以下提供一些字體大小的設計指南：

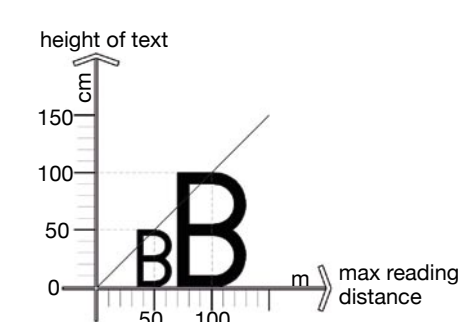
位置	字體大小
門口	60毫米
走廊	110毫米
室外	200毫米

- 建議文字要用粗體，字高不得少於60毫米，以方便視障人士使用。
- 建議字體大小要與閱讀距離成正比。
- 建議指示牌採用對比色，附以凸起盲文和文字/字母對所傳遞信息做解釋，以方便視障人士使用。
- 建議凸起盲文和中英文字體使用至少應凸起1毫米，以方便視障人士使用。

火警疏散指示牌

- 火警疏散指示牌須符合法定要求。
- 此外，建議指示牌應能清楚標示往疏散樓梯、避難區及消防升降機的方向，並應能顧及老弱和殘障人士的需要。

Size of letters for signage
指示牌字體大小



Fonts

The following is offered as guidance to the font size of signs:

Location	Font size
Doors	60mm
Corridors	110mm
External use	200mm

- To facilitate understanding by people with visual impairments, it is recommended that letters and characters shall be in bold type not less than 60mm high.
- It is recommended that the size of letters shall be in proportion to the reading distance.
- To facilitate understanding by people with visual impairments, it is recommended that signs shall be in contrasting colours, with supplementary labelling in Braille and raised letters / characters.
- To facilitate use by people with visual impairments, it is desirable that the Braille and letters / characters shall be raised at least 1mm from the background.

Fire Escape Signs

- Fire escape signs are subject to statutory requirements.
- In addition, it is recommended that signs shall clearly indicate the directions of fire escape staircases, refuge areas and fireman's lifts, with considerations for the weak, the elderly, children and people with disabilities.

Bad practice- the contrasting colour does not emphasize the information
不良做法- 所使用對比色無法強調所提供信息



4.4 PREVENTION OF INJURY

4.4

4.4 預防創傷

4.4.1 Fall Prevention

Falls are a major cause of home injury for both children and the elderly. In a local study, 18% of men and women aged 70 and above reported a fall during the past 12 months. Among these, about 4% of the men and 8% of the women sustained fractures. Apart from physical injury, falls can have effects such as dehydration, pressure sore, pneumonia and rhabdomyolysis. Environmental hazards are one of the main causes of falls. According to another local study, slipping, tripping over or kicking objects were major reasons. In order to reduce the risk of falling, it is recommended to address accessibility design issues discussed in Chapter 3 as well as the following:

Window Safety

Children are at high risk from window-related falls. To prevent window falls:

- It is recommended that guards shall be installed on all windows to prevent children from falling out of windows.
- Where window guards are not provided and children have access, it is recommended that furniture shall be located away from windows to prevent children from climbing up and reaching windows.
- It is recommended that windows shall be checked regularly by professional technicians at least every 2-3 years to ensure ease of opening and secure closure.
- Window cords can pose a hazard to infants and young children. It is recommended that cords shall be secured out of the reach of children.

Bathroom Safety

- It is recommended that slip-resistant mats or adhesive safety strips shall be provided in bathtubs and showers.
- It is recommended that nightlights shall be provided to corridors and bathrooms.
- It is recommended that an upstand shall be provided at the edge of washbasin counters to prevent water from dripping on the floor.
- It is recommended that rubber mats shall be placed in front of sinks to prevent slipping.

4.4.1 防止跌傷

長者和兒童遇到的家居意外主要是跌傷。根據一個本地研究顯示，有18%年齡超過70歲的男士和女士，在過去12個月內曾經跌傷一次。其中約有4%的男士和8%的女士骨折。跌傷除了會造成身體傷害，還會帶來以下的結果，例如脫水、受壓疼痛、肺炎及橫紋肌溶解。環境的危險是跌傷的主要原因之一。根據另一個本地研究顯示，滑倒或絆倒物件是跌傷主要的原因。為了減低跌傷的危險，本指南除了在第3章討論無障礙設計外，還建議注意下列事宜：

窗戶安全

兒童是從窗戶跌下的高危人士。要預防從窗戶跌下，可參考下列做法：

- 建議在所有窗戶裝置窗防護柵欄，防止兒童從窗戶跌下。
- 在沒有裝置窗防護柵欄及兒童可及的窗戶，建議應將傢具搬離窗戶，使兒童不能攀越。
- 建議每隔兩三年為窗戶作專業的技術檢查，以確保容易開啟及能緊閉。
- 窗簾繩對嬰兒和小孩可能造成危險，建議應該綁好繩索，避免兒童觸及。

浴室安全

- 建議在浴缸和淋浴間裝置防滑墊或安全黏貼條。
- 建議在走廊和浴室設置夜燈。
- 建議在洗面盆櫃面的邊緣安裝擋台，防止有水流到地面。
- 建議在洗面盆前面放置塑膠地墊，防止滑倒。

Kitchen Safety

- It is recommended that lighting be provided to give illumination of not less than 120 lux at worktop level.
- It is recommended to round the corners of kitchen counter tops.
- It is recommended that upstands be provided at the edge of sinks to prevent water dripping on the floor.

Furniture

- In order to facilitate use by the elderly and people in wheelchairs, it is recommended that furniture be arranged to provide sufficient walking space or manoeuvring space.
- In order to facilitate use by the elderly, it is recommended that chairs and sofas should not be too low or close to the floor. Preferably, chairs and sofas should have firm base supports with a height of not less than 450mm from the surface of the seat.
- To avoid failure, it is recommended check the backs and arms of chairs regularly.
- Where carpet is used, it is recommended that it should be tacked down to avoid slippage.

廚房安全

- 建議在工作枱提供不少於120勒克斯的照明。
- 建議將廚房的櫃枱角改為圓角。
- 建議在洗滌盆邊緣安裝擋台，防止有水流到地面。

傢具

- 建議傢具的擺設應預留充足的步行或輪椅操作空間，方便長者和輪椅人士使用。
- 建議椅子和沙發不應太矮及過於貼近地面，以方便長者使用。椅子和沙發應有穩固的背部支撐，其高度由座位計算應不少於450毫米。
- 建議應定期檢查椅背和椅柄，防止損壞。
- 如果使用地毯，建議應將之粘牢。



Window guard
窗花

4.4.2 Prevention of Poisoning

To prevent from poisoning, it is recommended that:

- Gas valves shall be clearly marked with on and off positions.
- Child safety locks shall be provided on cabinets where chemicals such as medical, personal care and cleaning products are stored.
- Carbon monoxide alarms shall be provided in kitchens, bathrooms and bedrooms to prevent carbon monoxide poisoning.
- All habitable rooms shall have natural ventilation, including kitchens and bathrooms.

4.4.3 Emergency Management

- It is recommended that emergency call buttons or pull cords shall be provided in kitchens and bathrooms for the elderly.
- To deal with problems experienced by the elderly, it is recommended that individuals join local emergency call system, such as the Personal Emergency Link [PE Link] system. Users carry a remote controlled device incorporated into a wrist-watch or necklace. In case of emergency users can press the control button to notify a call centre. The location of users can be detected for prompt assistance.
- To facilitate access in an emergency, it is recommended to provide emergency release locks where possible.
- To facilitate elderly's use, it is recommended that telephones with large numeric keypads and enhanced audio systems shall be provided in an accessible location.
- To deal with problems experienced by the elderly, it is recommended that emergency telephone numbers shall be posted boldly in prominent locations.



Emergency call button
緊急呼援服務

4.4.2 預防中毒

建議實施以下措施，以防止中毒：

- 應該清楚標示煤氣掣的開關位置。
- 擺放藥物、個人護理及清潔用品的櫥櫃應設有兒童安全保護鎖，防止兒童拿取。
- 廚房、浴室和臥室應裝置一氧化碳警報器，防止發生一氧化碳中毒。
- 所有居住房間包括廚房和浴室，應有自然通風。

4.4.3 應急措施

- 建議在廚房和浴室為長者設置緊急召援掣或拉繩。
- 建議使用緊急呼援服務，如一線通呼援服務中心的服務，以助長者解決問題。使用者身上可攜帶一種手錶或頸鏈般的緊急召援的裝置，遇到緊急事故時可按鈕通知召援中心，中心可以偵察到使用者的位置，及時提供救援。
- 若情況可行，建議裝置緊急事故時可自動或由他人開啟的鎖，方便有關人士在緊急事故時進入該處。
- 建議在容易拿取的位置安裝設有大型數字和有助聽系統的電話，以方便長者在緊急情況時使用。
- 建議在顯眼位置張貼大字體的緊急事故電話號碼，以供長者在緊急情況時使用。



A telephone with a large numeric keypad
大型數字鍵盤的電話