

職業安全健康局 - 《家庭傭工的基本安全課程》

Occupational Safety and Health Council – Training Course on General Safety for Domestic Helpers

香港不少家庭都有聘請家庭傭工協助打理家務。僱主和家庭傭工都應重視家務工作安全。本課程旨在講解家庭傭工應注意的職業安全及健康要點，以及相關預防措施，避免意外發生。

There are quite a number of Hong Kong families employing domestic helpers to help with their household chores. Both the employers and the domestic workers shall attach importance to household chore safety. This course aims at providing domestic helpers with key occupational safety and health knowledge and related precautionary measures for accident prevention.

課程內容 Course Content

1. 僱主和家庭傭工的職安健責任
Liabilities of employer and domestic helper related to occupational safety and health
2. 家務工作常見的危害及控制措施
Major hazards and relevant control measures in domestic works
3. 意外呈報
Reporting of accidents
4. 基本急救技巧
Basic first aid techniques
5. 個人防護裝備的示範及使用
Demonstration and use of personal protective equipment
6. 個案分析及討論
Case studies and discussion

授課時間 Course Duration 3.5 小時 hours

授課語言 Medium of Instruction

粵語輔以中文及印尼文講義 / 英語輔以英文講義
Cantonese supplemented with Chinese and Indonesian notes / English supplemented with English notes

入學條件 Prerequisites

須具有閱讀及書寫中文 / 英文的能力
Ability to read and write in Chinese / English

學費 Course fee \$160

職安局課程查詢電話：
Enquiries for the course:

2311 3322



中文課程資料
Course Information
in Chinese



英文課程資料
Course Information
in English



勞工處
Labour Department

職安健查詢電話 OSH Enquiries : 2559 2297
www.labour.gov.hk



職業安全健康局
OCCUPATIONAL SAFETY & HEALTH COUNCIL

職安熱線 Hotline : 2739 9000
www.oshc.org.hk



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外籍家庭傭工
Foreign Domestic Helpers

清潔外窗 的安全規定

Safety Requirements for
Cleaning Outward-facing Windows



勞工處
Labour Department



職業安全健康局
OCCUPATIONAL SAFETY &
HEALTH COUNCIL



外籍家庭傭工 - 清潔外窗的安全規定

Foreign Domestic Helpers - Safety Requirements for Cleaning Outward-facing Windows

外籍家庭傭工（外傭）的標準僱傭合約包括一項清潔外窗的條款，保障外傭的職業安全。

該條款訂明，當僱主要求外傭清潔窗戶向外的一面（外窗），而該窗戶並非位處地面、毗鄰可合理地供外傭安全工作的露台或走廊，則必須符合以下兩項安全措施方可進行清潔外窗：

The Standard Employment Contract for foreign domestic helpers (FDHs) includes a clause on cleaning outward-facing windows to safeguard the occupational safety of FDHs.

The clause stipulates that, when an employer requires the FDH to clean the outside of any window which is not located on the ground level or adjacent to a balcony (on which it must be reasonably safe for the helper to work) or common corridor, this must be performed under the following two conditions:



被清潔的窗戶須已安裝窗花，而該窗花須鎖上或被固定，以防止窗花被開啟

The window being cleaned is fitted with a grille which is locked or secured in a manner that prevents the grille from being opened



外傭除了手臂外，身體其他部分不得伸出窗外

No part of the FDH's body extends beyond the window ledge except the arms

