

Green Living Green Tips 綠色生活小貼士

Tips for Home Renovation 有關家居裝修的環保貼士

Renovations can produce a great deal of waste if not handled properly. Here you can learn about the management issues you should consider, the availability of green building products, indoor air quality problems that might arise, how to reduce renovation waste and how to dispose of the remaining waste properly.

Home renovation can improve your living environment, but it can also cause pollution and waste problems. That's why it is important to manage your renovation project carefully, taking into consideration what you need to do, how you will do it, how you will dispose of waste and how you will affect your family and neighbours.

裝修工程若處理不當，會產生大量廢物，污染環境。本文將介紹良好的裝修工程管理、環保建材、工程進行時可能產生的室內空氣污染問題，以及減少裝修廢物和正當處置剩餘廢物的方法。

裝修工程可改善居住環境，但同時這類工程亦會產生污染和廢物問題。因此，市民必須小心管理裝修工程，事前應細心考慮需要進行甚麼工程、如何進行這些工程、如何處置裝修廢料，以及工程會否影響家人及鄰居等。

Using Green Building Materials 採用環保建材

Many conventional finishing materials, such as solvent-based paints, solvents and adhesives, contain high levels of volatile organic compounds (VOCs) which cause air pollution and smog having a significant adverse effect on human health. They also produce odour during the renovation process, which can be a problem for your neighbours. But you can avoid such situations by choosing water-based paints or paints with lower VOC content, and avoiding the use of adhesive-rich plywood.

Another way of using more environmentally friendly products is to purchase recycled materials. In Hong Kong, such materials are available for:

- Walls and partitions
- Carpets and other surfaces
- Benches
- Windows and doors

溶劑漆料、溶劑及黏合劑等常見的塗裝材料均含有大量揮發性有機化合物，會造成空氣污染，並影響我們的健康。這些物料所發出的氣味，亦對鄰里造成影響。要避免以上問題出現，可使用水劑漆料或揮發性有機化合物含量較低的漆料，及避免使用黏合劑含量高的膠合板。

使用再造建造物料亦是一個較環保的選擇。在香港，再造建造物料可應用於：

- 牆壁和間隔物
- 地毯及其他表面
- 長椅
- 門窗

Maintaining Indoor Air Quality 維持室內空氣質素

When you begin renovating, you should be aware of how your activities affect the indoor air quality for both you and your neighbours. Apart from volatile organic compounds, dust from polishing, sanding, cutting and grinding materials can be a problem. This can cause nasal and eye irritations, headaches, dizziness, nausea and even breathing problems. To avoid such problems, you should:

- Schedule the renovation work during periods when the fewest residents are at home.
- Identify areas that do not need extensive renovations – sometimes a new coat of paint will do.
- Isolate renovated areas from other areas by installing physical barriers to prevent dust spreading.
- Ensure that you have adequate ventilation by opening windows and operating exhaust fans.
- Seal the inlets and outlets of air-conditioners to minimise the spread of dust and other contaminants.

When your renovation has been completed you should:

- Ensure that the area is ventilated with fresh air well before you occupy it again.
- Air out any new furniture that might contain formaldehyde adhesives for at least several days before taking it indoors.
- Maintain a high rate of ventilation during the first few months of occupancy to ensure that air quality is maintained.

在開始進行裝修前，市民應瞭解這些活動會對室內空氣質素及鄰舍有何影響。除了揮發性有機化合物外，磨光、切割或打磨建築材料時所產生的塵埃亦會造成室內空氣污染，令人出現眼鼻刺痛、頭痛、頭暈、噁心，甚或呼吸困難等毛病。為避免這些問題，應該採取以下措施：

- 在較少居民留在家中的時間內進行裝修工程。
- 避免不必要的裝修工程，有時簡單如掃一層新的油漆也能達到很好的效果。
- 設置圍板將裝修場地與其他地方隔離，以免塵埃散發。
- 打開窗戶並開啟抽氣扇，確保室內空氣流通。
- 把通風系統的出風口及入風口封閉，以減少塵埃和其他污染物擴散。

完成裝修工程後，應該採取以下措施：

- 在入住前，應確保室內空氣清新及流通。
- 將任何含有甲醛黏合劑的新傢俬吹風數日後才搬進室內。
- 在入住後的數個月內保持高度空氣流通，以維持室內空氣質素良好。

Waste Reduction During Renovation 減少裝修廢物

You can reduce waste during renovation by:

- Reusing items such as hoardings, form work and scaffolding, and recycling materials such as metal.
- Ordering the right amount of materials at the right time.
- Collecting small materials in suitable containers so you can locate them easily – this will both reduce wastage and save you money.
- Allocating a storage area for old materials that have been sorted, such as metal, concrete, timber, plastics, glass, excavated spoils, bricks and tiles.
- Giving your renovation contractor clear instructions on the separation and removal of construction waste.
- Delivering used items, such as electrical appliances and furniture, to recyclable outlets.

裝修期間，可透過以下方法減少廢物：

- 重覆使用圍板、板模、棚架等物料，並且把金屬等物料循環再用。
- 在需要的時候才訂購適當數量的原料。
- 以合適的容器貯存較小的物料，以便尋找。此舉不但可減少廢物，又可節省金錢。
- 預留地方貯存已分類的物料，例如金屬、混凝土、木料、塑膠、玻璃、棄土、磚頭和瓷磚等等。
- 清楚指示裝修工程承判商有關建築廢物分類及清理的要求。
- 將舊電器及傢俬等二手物品送交回收地點。

Disposing of Your Waste 處置廢物

When you are ready to dispose of the waste from your renovation, or have a contractor doing it for you, be aware that you will be charged under the Construction Waste Disposal Charging Scheme. You or your contractor will need to open a billing account with the Environmental Protection Department before using Government waste disposal facilities. If you need to dispose of asbestos, it is a legal requirement that you must hire a registered asbestos consultant and contractor to do so, and give written notice to the Environmental Protection Department at least 28 days in advance.

無論市民打算自行處置裝修廢物，或找承判商代勞，均須根據建築廢物處置收費計劃繳交費用。市民或其承判商在使用政府的廢物處置設施前，須先向環境保護署開立帳戶。如需處置石棉，根據法例，市民必須聘請一名註冊石棉顧問及承判商負責處置石棉，並於施工前最少28天，向環保署呈交書面通知。

Choosing Energy Efficient Appliances 使用高能源效益的家庭電器

If you need to buy new electrical appliances you should look for those with energy efficiency labels. These labels tell you about energy consumption and efficiency, with highly efficient appliances allowing you to save on electricity bills, and to help save the environment.

若要購買新電器，市民應選擇貼有能源效益標籤的家用電器。這些標籤可為消費者提供電器耗電量及能源效益等資料，而高能源效益的家庭電器可讓你節省能源開支，又可保護環境，可謂一舉兩得。