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Road
Safety
Bulletin

64

道路安全通訊

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長者道路安全

Elderly Safety on Roads



編輯
Editor

 運輸署
Transport Department
<https://www.td.gov.hk>

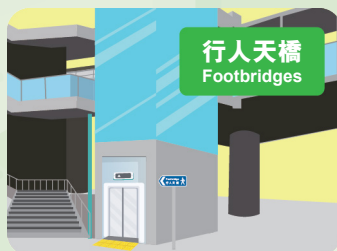
出版
Published by

 道路安全議會
Road Safety Council
<http://www.roadsafety.gov.hk>

行人 Pedestrians

應該 DO's...✓

- 出行前，預先計劃好安全的路線，選擇適當的行人過路設施及無障礙通道設備。
Plan in advance a safe route before the journey with proper crossing facilities and barrier-free access facilities.
- 預留充裕時間，輕鬆出行，小心留意道路情況，不要心急橫過馬路。
Allow adequate time, pay attention to road conditions and be patient for crossing.
- 盡量使用行人天橋、行人隧道、「綠色人像」過路處或「斑馬線」橫過馬路。即使可能要多走幾步，亦要使用這些設施。
Use footbridges, subways, 'Green man' crossings or 'Zebra' crossings to cross roads. Use these facilities even if a detour is required.



不應該 DON'Ts...✗

- 走近大型車輛的「盲點」，特別是不要靠近車頭前方範圍。
Enter 'blind spots' of large vehicles, in particular areas in front of vehicles.
- 以為揮手便可截停駛近的車輛並橫過馬路。
Cross road by simply waving hands to stop approaching vehicles.
- 從慢駛或停定車輛之間的空隙穿過並橫過馬路。
Cross road by emerging from gaps between slow-moving or stationary vehicles.



騎單車者 Cyclists

應該 DO's...✓

- 佩戴顏色鮮明、大小適中及符合國際標準的安全頭盔。
Wear a bright colour and correctly fitted safety helmet that complies with international standards.
- 穿上顏色鮮明、淺色、反光或螢光衣物，並佩戴反光帶，令其他道路使用者容易察覺。
Put on bright, light-coloured, reflective or fluorescent clothing and wear reflective belt to make yourself visible to other road users.
- 使用護肘、護膝及手套保護身體。
Wear pads and gloves to protect yourself.
- 遵守法例及交通規則，例如交通燈號、交通標誌及道路標記等。
Follow the legislation and traffic rules, such as traffic signals, traffic signs and road markings etc.
- 量力而為，時刻觀察四周路面情況。
Always cycle within your ability and observe the surrounding road conditions.



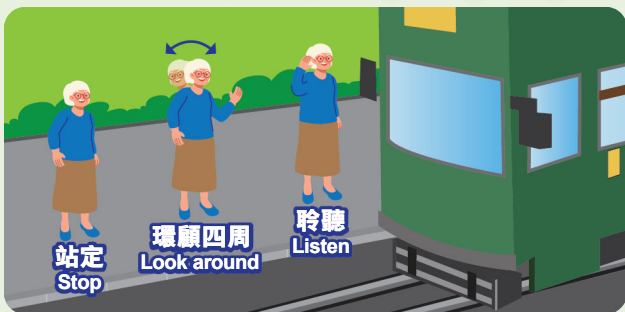
不應該 DON'Ts...✗

- 進入其他車輛的「盲點」。
Enter 'blind spots' of other vehicles.
- 在行人路上騎單車。
Ride on pavement.

乘客 Passengers

應該 DO's...✓

- 善用候車位置設置的座椅（如有）。
Sit while waiting at waiting areas (if any).
- 上車後，可選擇坐在最近的座位或優先座（如有），減少在車廂內走動。
Once on board, choose to sit on the closest seat or priority seat (if any) and reduce walking around in the vehicle.
- 佩戴安全帶（如有），減低發生意外時受傷的機會。
Wear seat belt (if any) to reduce chance of being injured during an accident.



- 車上站立時，時刻緊握扶手。
Hold handrail at all times while standing.
- 預留充足時間上落車。
Allow adequate time in boarding and alighting of vehicles.
- 注意地面與車輛地台之間可能有較大的高度差距，以免上落車時失去平衡。
Pay attention to possible great difference in level between ground and vehicle platform to avoid losing balance during boarding or alighting.
- 使用附近的行人過路設施橫過馬路。如果沒有，等待車輛離去並觀察清楚四周路面情況後，才可橫過馬路。
Use nearby crossing facilities to cross the road. If no nearby crossing facilities, wait until the vehicle has moved off and observe surrounding road conditions before crossing.

不應該 DON'Ts...✗

- 乘搭公共交通工具時攜帶大型物件。
Bring along with bulky items when taking public transport.
- 追趕車輛。如錯過了班次，耐心等待下一班車到站。
Chase the vehicle. Wait patiently the next one to arrive if you have missed it.
- 車門正在開啟或關閉時上車或落車。
Board or alight while the door is opening or closing.
- 在車前或車後橫過馬路。
Cross in front or at the rear of a vehicle.



司機 Drivers

應該 DO's...✓



- 預先計劃好路線，避免駕駛時因尋找路線而分心。
Plan in advance a route to avoid being distracted by route searching while driving.



- 駕駛前確保有充足的休息。如在駕駛中感覺疲倦，可打開車窗呼吸一下新鮮空氣，或調低冷氣的溫度，以保持清醒。如情況許可，找尋合適的泊車位把車停下休息。
Ensure having sufficient rest before driving. If you feel tired while driving, lower the windows to let fresh air in or lower the temperature of air-conditioning to keep you awake. Find a suitable parking space to stop and take a rest if allowed.

不應該 DON'Ts...✗

- 以手持或放置於頭與肩膀之間的方式使用流動電話或其他電訊設備。如要使用流動電話，可先在安全地方停車、請車上乘客代勞或使用免提式裝置。
Use mobile phones or any other telecommunication equipment by holding it in hand or between head and shoulder. Either stop in a safe place, ask a passenger for assistance or use hands-free device if using mobile phone is essential.



- 如需要佩戴眼鏡或助聽器，確保是否佩戴穩妥和運作正常。
Ensure that glasses or hearing aids are worn and function properly if they are required.



- 定期評估身體狀況，以判斷是否適宜駕駛車輛。
Assess health condition regularly to judge whether it is suitable to drive.
- 如要服用藥物，確保這些藥物不會影響駕駛能力。如有疑問，諮詢醫護專業人員的意見。
Ensure the drugs will not affect driving ability if taking drugs is required. Consult healthcare professionals if in doubt.



聯絡我們 Contact us

如對本道路安全通訊有任何意見，可與運輸署聯絡（電郵：rssd@td.gov.hk）。

If you have any comments on this Road Safety Bulletin, please contact Transport Department (email: rssd@td.gov.hk).