

VIDEO SUBTITLES

Topic : 為駕駛作好準備
Prepare for Driving

Chinese Subtitles:

要有良好駕駛狀態

作息定時

均衡飲食及運動

駕駛前切勿服藥及飲酒

定期進行檢查

長時間駕駛會影響

司機的判斷和反應能力

疲勞駕駛容易發生意外

危及其他道路使用者

如駕駛時感到疲倦

可調低溫度

打開車窗

或找尋適合地方停下休息

切勿疲勞駕駛

English subtitles:

For having good driving conditions

Keep a regular schedule

Keep balanced diets and exercises

Do not take drugs and drink alcohol before driving

Perform regular checks

Driving for a long time may affect

The driver's judgement and reaction

Fatigue driving leads to accidents easily

Endangering other road users

If feeling tired while driving

Lower the temperature of air-conditioning

Lower the windows

Or find a suitable space to stop and take a rest

Do not fatigue driving