



Road
Safety
Bulletin

38

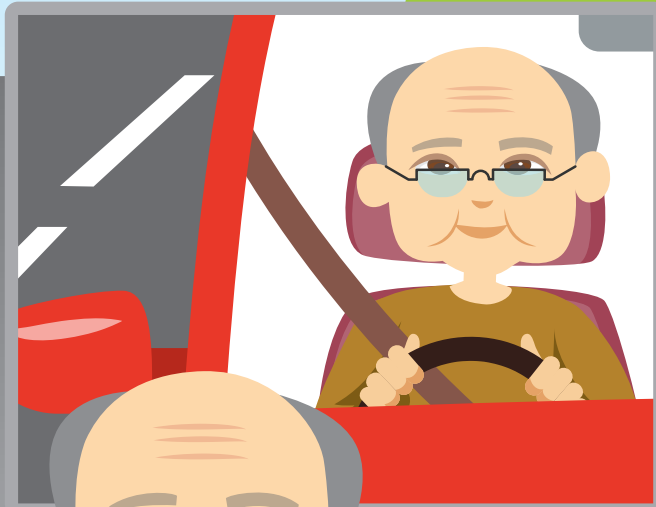
道路安全通訊

本通訊已載於運輸署網頁以供瀏覽
This bulletin is available on TD's homepage at

<http://www.td.gov.hk/>

長者 道路安全

Road Safety for the Elderly



編輯
Editor



出版
Published by



<http://www.roadsafety.gov.hk/>



如你是長者行人... If you are an elderly pedestrian ...



- 過馬路前必須留意路面交通情況，確定安全才可橫過馬路。切勿在車輛之間或只是揮手示意便橫過馬路。
- 應盡量使用行人過路設施，例如行人天橋、行人隧道、行人燈號過路處或斑馬綫等。
- 應遵守以下的「過馬路守則」，以策安全：
 - 找視野無阻及可安全過馬路的地方，然後站定。
 - 環顧及小心聆聽四周交通情況。
 - 當沒有車輛駛近時，直線橫過馬路。
 - 在過馬路途中，仍要小心留意有沒有車輛駛近。



- 你可能需要較長時間過路，所以要因應你的體力及步伐，預留充足的過路時間。
- 如需佩戴眼鏡或助聽器，外出前緊記佩戴。
- 過馬路時如果遇到困難，例如路上車輛太多，你可向其他人求助。

- Observe traffic condition before you cross the road. Cross only if it is safe to do so. Do not cross a road from the gaps between stationary vehicles or just wave your hand and cross the road.
- Use pedestrian crossing facilities, such as footbridges, subways, pedestrian traffic lights or zebra crossings, etc.
- You should follow the road crossing code below:
 - find a place where you can see clearly and cross the road safely, and then stop.
 - look around and listen carefully for traffic.
 - when there is no traffic approaching, walk straight across the road.
 - keep watching out for any vehicle approaching while you cross.
- You may need a longer time to cross the road. Take into account your fitness and pace, and allow sufficient time for crossing the road.
- If you have to wear glasses or hearing aids, make sure you wear them before you go outside.
- If you have difficulty in crossing the road, e.g. the traffic is too busy, ask someone for assistance.



如你是長者乘客... If you are an elderly passenger ...

- 切勿追趕巴士、小巴等，以免意外跌倒。
- 不要攜帶過大或過重的物品乘車，以免容易失去平衡。
- 上車後應時刻緊握扶手，並應盡快尋找座位，如有關愛座應盡量使用。
- 各種車輛的車門設計與地台高度均有不同。上落車時要小心謹慎，以免絆倒。
- 下車後若要橫過馬路，應在下車後前往車後位置，再三觀察交通情況，確定安全才橫過馬路。



- Do not run to chase buses, public light buses, etc. to avoid accidental falling down.
- Do not bring bulky or heavy belongings on board, to avoid losing balance easily.
- Hold the handrail at all times after boarding and find a seat as soon as possible. Use priority seat if any.
- The door design and platform height vary for different vehicles. Stay alert when boarding or alighting to avoid falling down.
- If you need to cross road after alighting, please walk to the rear of vehicle after alighting. Watch out for traffic again and cross road only when it is safe to do so.



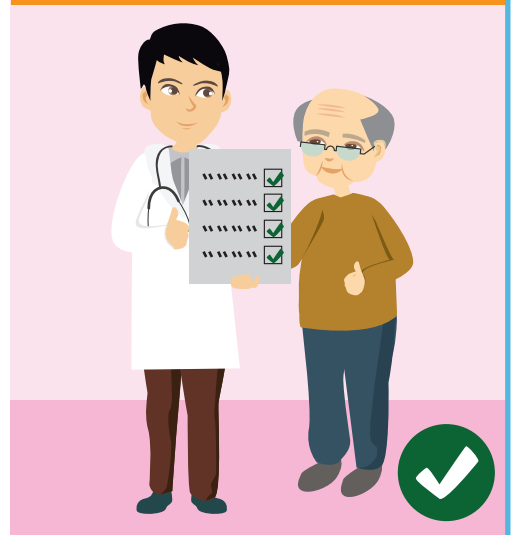
如你是司機... If you are a driver...

- 長者或需較多時間橫過馬路，司機應體諒及讓他們有充足時間橫過馬路。
- 長者們或未能聽到倒車時的警報聲，司機在倒車時應加倍留意。
- 部份長者或會突然從行人路走出馬路，司機須時刻留意，避免發生交通意外。
- 長者需要較多時間上落車，在接送長者時，應選擇合適的地方停車，好讓他們有足夠時間安全地上落車。
- Elderly pedestrians may take more time to cross roads. Be considerate and allow sufficient time for them to cross.
- Elderly pedestrians may not hear the alarm signal clearly when your vehicle is reversing. Take extra care when your vehicle is reversing.
- Some elderly pedestrians may run out suddenly from the footpath. Stay alert to avoid traffic accidents.
- Elderly passengers need more time to board or alight. When picking up and dropping off elderly passengers, stop at appropriate place so that they can have adequate time to board or alight safely.



如你是長者司機... If you are an elderly driver ...

- 在開車前，應預先計劃路線，以避免在途中因尋找駕駛路線而分心。
- 駕駛需集中精神及適當體力應付，如身體不適或疲倦，切勿駕駛。
- 應定期評估身體狀況或諮詢醫護人員的意見，以判斷你是否適宜駕駛車輛。
- 駕駛時或需多些時間作出判斷及反應，所以車速不要太快，並應與前車保持較長的距離。
- 如需服藥，你應該請教醫護人員所服用的藥物會否影響你的駕駛能力。
- 如需佩戴眼鏡或助聽器，在開車前應檢查它們是否佩戴穩妥和運作正常。
- Before driving, you should plan your route to avoid being distracted due to route searching while driving.
- Driving demands your concentration and adequate physical strength. Do not drive if you are tired or not feeling well.
- Assess your health condition or consult the healthcare professionals on a regular basis to know whether you are fit to drive.
- You may require more time for judgement and reaction while driving. Do not drive too fast and maintain a longer distance from the vehicle in front.
- If you have to take medicine, please consult healthcare professionals whether the medicine you take will affect your driving ability.
- If you have to wear glasses or hearing aids, make sure they are worn and function properly before driving.



聯絡我們 Contact Us

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

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