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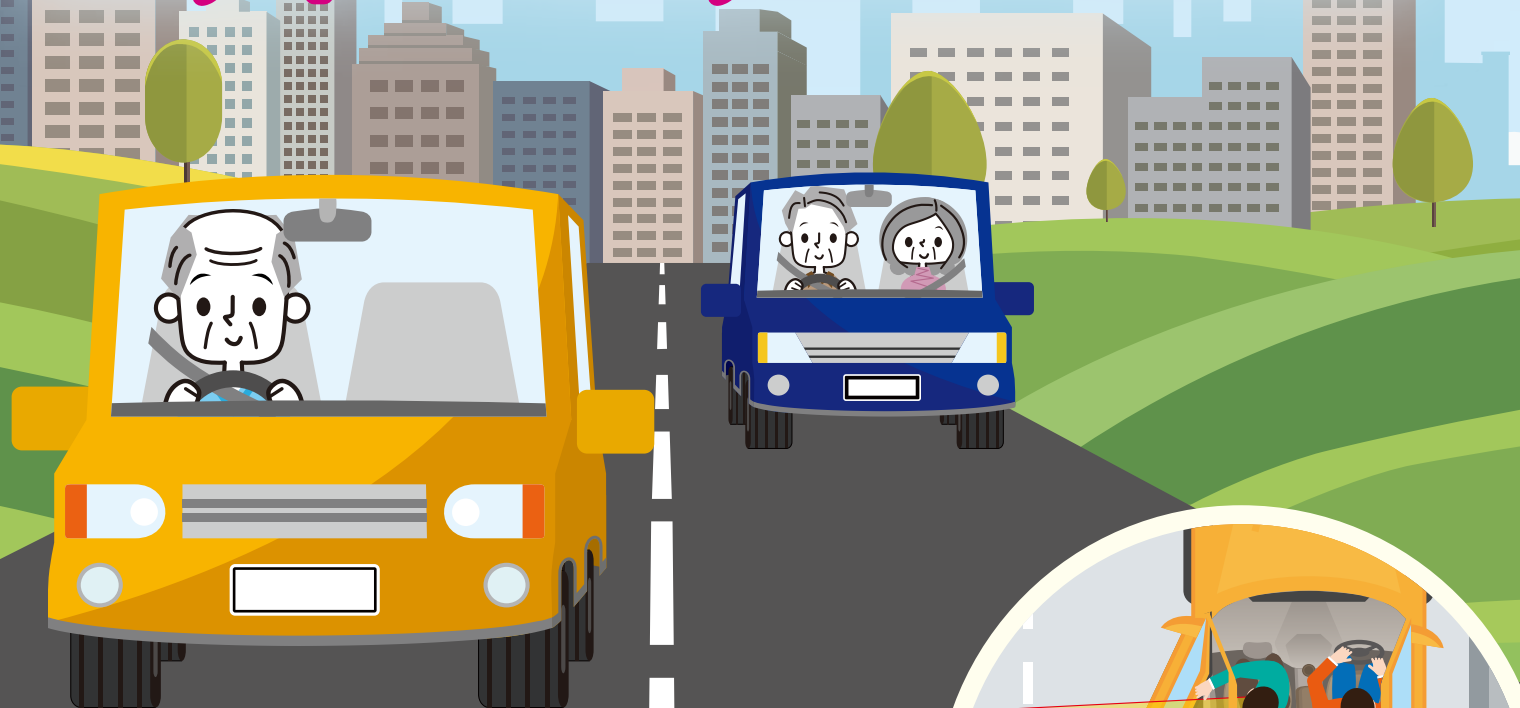
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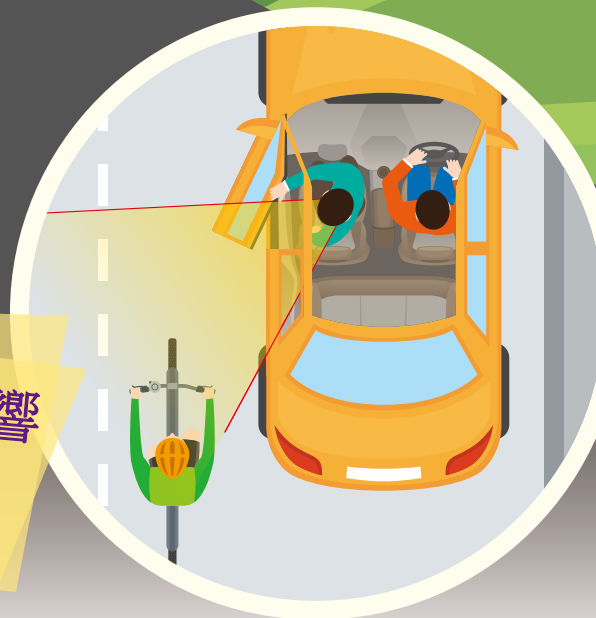
53

道路安全通訊

# 長者司機安全貼士、荷式開車門 Safety Tips For Elderly Drivers, Dutch Reach



違例泊車對道路安全的影響  
Safety Implications of  
Illegal Parking



編輯  
Editor



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## 長者司機安全貼士 Safety Tips For Elderly Drivers

開車前應計劃行程，避免駕駛時因尋找路線而分心。  
Plan your route before driving to avoid being distracted by route searching while driving.

駕駛時切勿讀寫短訊、瀏覽網頁、觀看影片或使用流動應用程式。  
Do not read or write messages, browse websites, watch videos or use mobile applications while driving.

駕駛時應避免使用流動電話（或其他電訊設備）；如要使用流動電話，應先在安全地方停車，或請車上乘客代勞。

While driving, do not use mobile phone (or any other telecommunication equipment); if you need to use mobile phone, either stop at a safe place or ask a passenger for assistance.

應定期評估身體狀況或諮詢醫護專業人員的意見，以判斷你是否適宜駕駛車輛。  
Assess your health condition or consult healthcare professionals regularly to judge whether you are fit to drive.

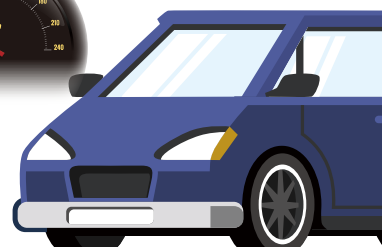
駕駛需集中精神及適當體力應付，如身體不適或疲倦，切勿駕駛。

Driving demands your concentration and adequate physical strength. Do not drive if you are tired or not feeling well.

如需服藥，應該請教醫護專業人員所服藥物會否影響駕駛能力。  
If you have to take medication, consult healthcare professionals whether it will affect driving ability.

如需佩戴眼鏡或助聽器，開車前應檢查是否佩戴穩妥和運作正常。  
If you have to wear glasses or hearing aids, check that they are worn and function properly before driving.

你或需較長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。  
You may require more time for judgement and reaction. Do not drive too fast. Maintain a longer distance from the vehicle in front.

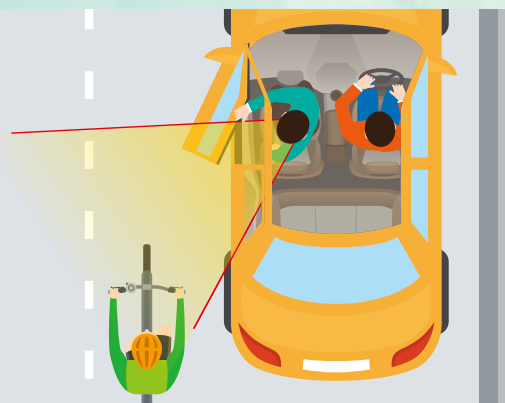




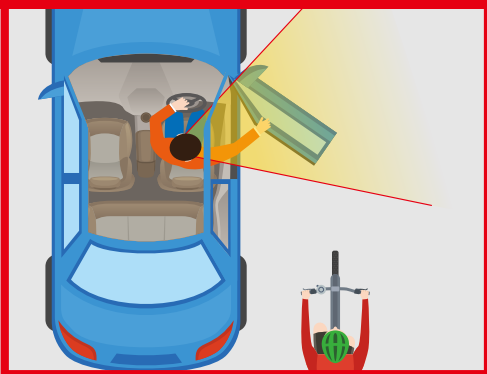
## 開車門的安全貼士：「荷式開車門」 Safety Tips for Vehicle Door Opening: "Dutch Reach"

「荷式開車門」是指司機或乘客以距離車門較遠的手（而不是用最接近車門的手）打開車門；這樣開車門，會使司機或乘客的上半身轉向車門，在離開車輛期間持續望向從後駛來的車輛，避免碰撞及導致後面駛來的車輛因閃避或急剎車時發生交通意外。

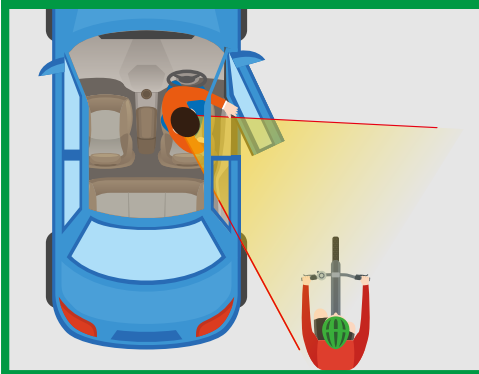
The "Dutch Reach" is a practice for drivers and passengers to open vehicle doors by the far hand (instead of using the hand closest to the door) when exiting the vehicle. This practice causes the drivers' and passengers' upper torso to turn, allowing a continuous view of oncoming traffic when exiting the vehicle. It can avoid collisions with oncoming vehicles or causing the oncoming vehicles to take sudden manoeuvres and braking, leading to accidents.



### 一般開車門 General



### 荷式開車門 Dutch Reach



這樣開車門也可以保護司機和乘客免受駛來的車輛撞擊。

It can also protect drivers and passengers from being hit by an oncoming vehicle.

「荷式開車門」的動作如下：  
The steps of "Dutch Reach" are:

1

伸出較遠的手去抓住門把手。  
Reach across for door handle by the far hand.

2

當上半身轉側時，自然地望向倒後鏡，並觀察從後駛來的車輛。  
When swivel your upper torso, naturally look out for oncoming traffic in mirror and over your shoulder.

3

慢慢打開車門，透過正在打開的車門往後看。  
Open door slowly and look back through the opening.

4

安全情況下下車，繼續望向來車方向。  
Exit when safe and continue to look out for oncoming traffic.



參考資料 Reference Materials:

Dutch Reach Project (2017). Driver Education Handouts for Dutch Reach, at [https://www.dutchreach.org/dooring\\_driver\\_education/](https://www.dutchreach.org/dooring_driver_education/)



## 違例泊車對道路安全的影響 Safety Implications of Illegal Parking

違例停泊的車輛不僅會阻塞交通或造成不便，而且可能危害道路使用者的安全，包括：

- 阻礙其他道路使用者的視線（例如在路口或過路處附近）；
- 使行車路面縮窄；
- 阻礙公共交通運作，迫使乘客在行車道上上／落車；
- 阻礙緊急服務車輛通過、停留、或進出處所；或
- 會對行人造成危險或不便，特別是在行人可能會橫過馬路的地方（例如行人過路處、路口或交通安全島）。

Illegally parked vehicles not only cause traffic obstructions or inconvenience, they may also jeopardise the safety of road users. In general, illegally parked vehicles could

- obstruct the vision of other road users (such as in the vicinity of junctions or crossings);
- reduce the width of the carriageway available for traffic;
- obstruct public transport operation and force passengers to board from or alight onto the carriageway;
- obstruct emergency vehicles from passing by, stopping at, entering or leaving premises; or
- cause danger or inconvenience to pedestrians, particularly at or near locations where pedestrians are likely to cross the road (such as pedestrian crossings, junctions or traffic islands).

作為負責任的司機，請不要把車輛停留在影響道路安全的地方。

《道路使用者守則》第五章詳細說明車輛不應停留的地點：

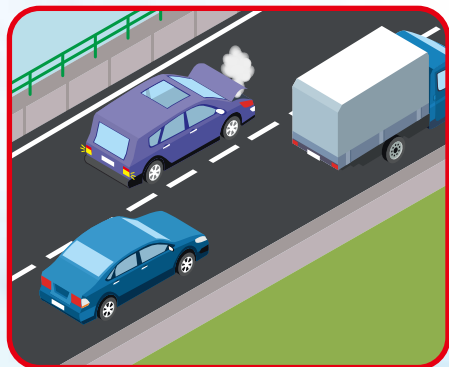
Hence, be a responsible driver and DO NOT let your vehicle stand at locations where it could affect road safety. Locations where drivers should not let their vehicles stand are detailed in Chapter 5 of the Road Users' Code:



中文版



English Version



如果中途壞車，

- ◆ 切勿在道路上進行車輛維修、修理或其他工作，除非是為了避免該車輛的移走受不必要的延誤而必需進行的；或
- ◆ 除非前往求助，否則不可把壞車停在路上，不顧而去。

In case your vehicle breaks down

- ◆ DO NOT repair, maintain or carry out any works on a vehicle on a road, except for works that are necessary to enable the vehicle to be removed without undue delay; or
- ◆ DO NOT leave a broken down vehicle on a road unattended except while getting help.

### 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](mailto:rssd@td.gov.hk)）。

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

