

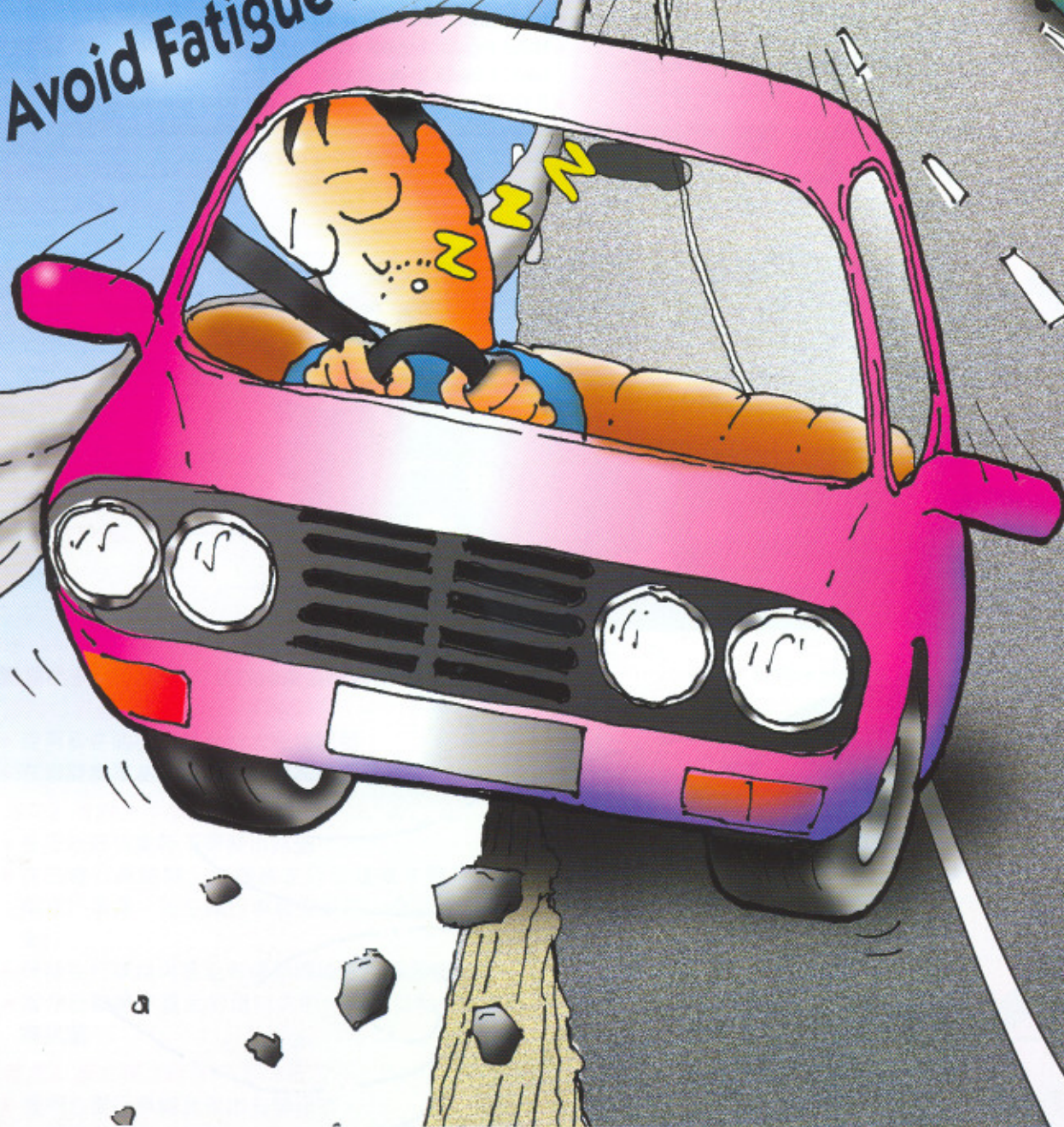
ROAD SAFETY
BULLETIN

道路安全通訊

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避免疲勞駕駛
Avoid Fatigue Driving



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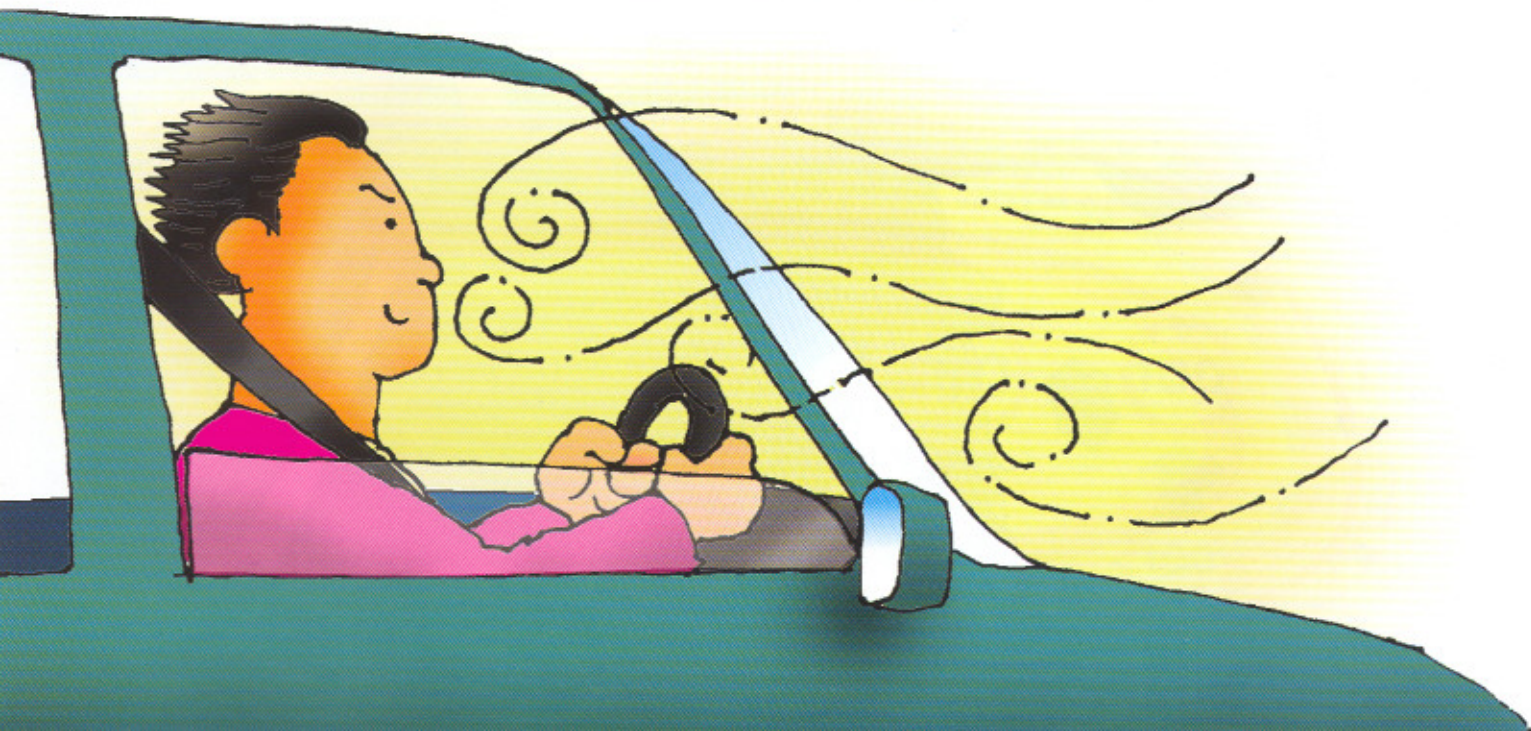
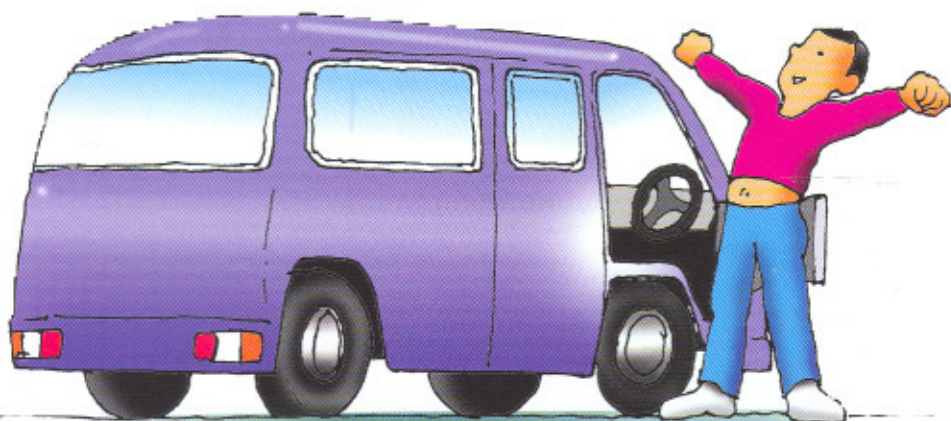
避免疲勞駕駛 Avoid Fatigue Driving

疲勞駕駛對你及其它道路使用者是十分危險的。它影響你在緊急事故中的判斷和反應能力。事實上，香港每年都有一定數量的交通意外是由於司機疲勞而發生的。下面一些提示可以幫助你避免疲勞駕駛：

- 駕駛前確保有充足的休息
- 計劃好你的旅程，特別是較長的車程
- 避免在身體時鐘需要休息時(通常是午夜至清晨六時)駕駛
- 避免使用藥物和酒精，它們會加深你的疲勞
- 如可能的話，和你的乘客輪流駕駛
- 在長旅程中，應間中在適當地點停下來，下車吃點小食和舒展筋骨
- 如在駕駛中感覺疲勞，可打開汽車窗口呼吸一下新鮮空氣及盡快找尋合適的泊車位把車停下作休息，但切不可把汽車停泊在快速公路或有快速車輛行駛的地方。

Fatigue driving puts you and all other road users at risks. It affects your judgement and reaction in an emergency. In fact, there have been a number of traffic accidents caused by driver fatigue in Hong Kong each year. Some tips below will help you avoid fatigue driving :

- Have a good rest before driving.
- Plan your trip particularly for a long journey.
- Avoid driving during those hours when your body is programmed to be asleep. For most people, this will be between midnight and 6am.
- Avoid drugs and alcohol, even a small amount will make the effects of fatigue much worse.
- If possible, share the driving with your passengers.
- Make regular breaks on long journeys. Get out of the car and have a snack and a stretch.
- If you feel tired while driving, roll your window down and get some fresh air in. You should find a suitable parking space to stop and take a rest. But never stop on an expressway or a road with fast moving traffic.



當接近迴旋處時，你應留意及遵照所有交通標誌、交通燈及行車綫的指示，以便駛入正確的行車綫。你應

- 儘早決定你的出口位置；
- 發出適當的訊號。在適當時間發出訊號可免其它道路使用者發生誤會；
- 進入正確的行車綫；
- 調整你的車速和位置以配合當時的交通情況；
- 留心附近其它車輛的車速和位置。

在到達迴旋處時，你應

- 讓路給右方的車輛，除非有交通標誌、交通標記或交通燈作其他指示；
- 檢查道路標記是否在無需讓路情況下容許你進入迴旋處。即使如是，也應在進入時留心右方的交通情況；
- 留心已在迴旋處內的車輛，小心一些司機未有或未能發出正確訊號；
- 望望前面以確定前車已離開，才可前駛。

On approaching a roundabout take notice and act on all the information available to you, including traffic signs, traffic lights and lane markings which direct you into the correct lane. You should:-

- decide as early as possible which exit you need to take
- give an appropriate signal as advised below. Time your signals so as not to confuse other road users
- get into the correct lane
- adjust your speed and position to fit in with the traffic conditions
- be aware of the speed and position of all the traffic around you

When reaching a roundabout, you should:-

- give priority to traffic approaching from your right, unless directed otherwise by signs, road markings or traffic lights
- check whether road markings allow you to enter the roundabout without having to give way. If so, proceed, but still look to the right before joining
- watch out for vehicles already on the roundabout; be aware they may not be signalling correctly
- look forward before moving off to make sure traffic in front has moved off

迴旋處 Roundabouts

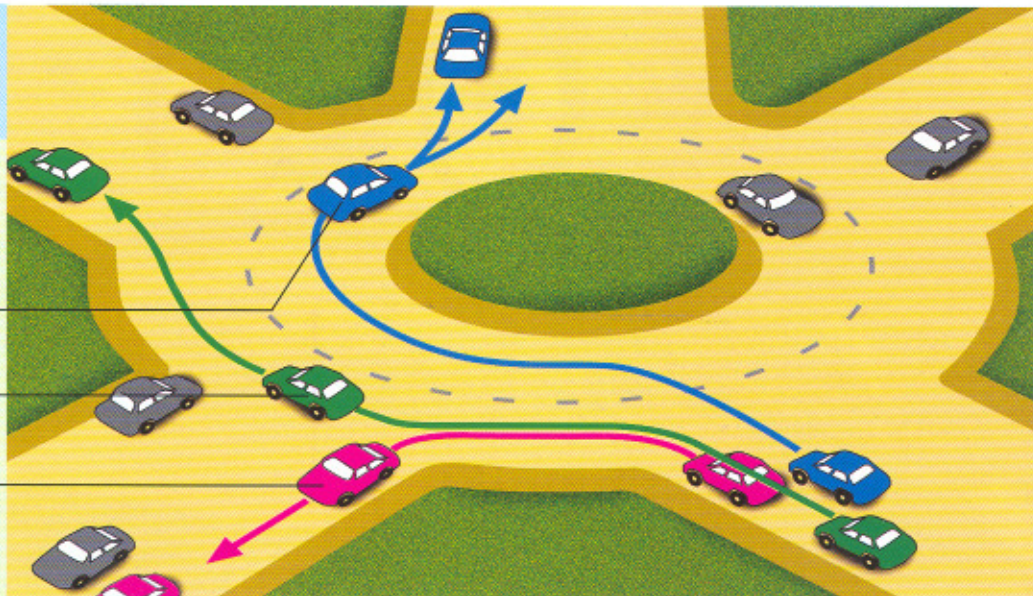
視情況而在迴旋處選用的適當步驟：

Follow the proper steps in various cases at roundabout:

情況 case ③

情況 case ②

情況 case ①



適當的步驟：(除非交通標誌或道路標記作其他指示)

情況1, 若駛出第一個出口(通常相當於左轉)

- 使用靠左的行車綫及發出左轉訊號；
- 在迴旋處靠左行及繼續發出左轉訊號離開。

情況2, 若駛出中間出口(通常相當於直行)

- 在接近迴旋處時不要發出訊號；
- 在三綫行車路時，選擇最左行車綫或中間行車綫(如在兩綫行車路，而左綫行車綫又受阻，你可選擇用右綫行車)；
- 保持在行車綫內直至有需要轉綫以便離開迴旋處；
- 當你已駛過你選定的出口之前一個出口時，你須發出左轉訊號。

情況3, 當右轉或調頭時(通常相當於右轉)

- 選用右面行車綫及發出右轉訊號，
- 在迴旋處內靠右行駛，
- 繼續發出右轉訊號直至已駛過所選定的出口之前一個出口，才發出左轉訊號。

Proper Steps (unless signs or markings indicate otherwise):.

Case 1, When taking the first exit

- signal left and approach in the left-hand lane
- keep to the left on the roundabout and continue signalling left to leave.

Case 2, When taking any intermediate exit

- do not signal on the approach to the roundabout
- approach in the left-hand lane or center lane on a three-lane road (on a two-lane road you may approach in the right-hand lane if the left-hand lane is blocked)
- stay in this lane until you need to alter course to exit the roundabout
- signal left after you have passed the exit before the one you want

Case 3, When turning right or going full circle

- signal right and approach in the right-hand lane
- keep to the right on the roundabout
- continue to signal right until you have passed the exit before the one you want, then signal left

單車安全 Cycling Safety

在過去五年內(九五至九九年)，單車意外的數字約增加了一倍由638宗增至1,252宗。為提高騎單車的安全，所有騎單車者應注意以下的一些基本步驟：

- 檢查及確保所有機械和照明裝置都操作正常；
- 佩戴有關的裝備及穿著適合的衣物如
 - 安全頭盔
 - 在夜間穿上有反光作用的衣物
- 遵守騎單車的安全守則；
- 在黑暗或視野欠佳的情況下，應亮著單車車頭及車尾燈；及
- 在行人過路綫，應下車及推車橫過馬路

作為家長或監護人，你必須明白在馬路上騎單車有高度的危險，因此即使有成年人陪同，也不應讓子女在馬路上騎單車。你應鼓勵他們祇在單車徑上騎單車。



During the past 5 years (1995–1999), the number of bicycle accidents has nearly doubled from 638 to 1,252. To enhance cycling safety, all cyclists should take the following basic measures before and during cycling on the roads :

- check and ensure the mechanical conditions of your bicycle are roadworthy such as the braking and lighting systems;
- equip yourself with proper safety gears and wear proper clothing:-
 - safety helmet
 - reflective clothing in the hours of darkness
- observe the safety rules for cycling on roads;
- turn on the lights in the front and rear of your bicycle in the hours of darkness or in poor visibility conditions; and
- dismount and push your bicycle across the road when using a pedestrian crossing.

As cycling on roads has high potential safety hazards, you are advised not to allow your children to ride on them even accompanied by adults. Children should always be encouraged to ride on cycling tracks only.

新的時速限制交通標誌 New Speed Limit Traffic Signs

在一九八四年英制度量衡轉為公制時，這類包含有“km/h”單位名稱的時速限制交通標誌已開始使用。由於公制已使用多時及已為一般駕駛者接受，故此我們建議省去“km/h”，以便將時速的數目字加大。這樣駕駛者就可以在較遠的距離都可以清楚見到時速限制的交通標誌。

運輸署已計劃在兩年內更新現有時速限制交通標誌。駕駛人士很快便可在快速公路上看見下列新的時速限制交通標誌。

The use of 'km/h' for speed limit traffic signs was introduced in 1984 in connection with the changing of imperial unit to metric unit. As the use of metric unit for speed limit has already been well received by the general public, the unit 'km/h' is proposed to be deleted to allow space for the provision of larger numerals so that motorists can read the new speed limit more clearly at a distance.

The Transport Department has worked out a 2-year programme to replace the existing speed limit signs with new ones starting on expressways. You can see the new signs shortly on our roads.

