

道路安全

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Road Safety Bulletin



http://www.td.gov.hk/road_safety/road_safety_bulletin/index_tc.htm

騎單車 守規則

重安全

Cycling Safely Obey Traffic Rules



讓讓人 Drive smart



大家都開心!
with Courtesy



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編輯
Editor



騎單車不但樂趣無窮，而且有益身心。不過，騎單車人士倘未採取妥善保護措施，一旦發生意外，後果可能非常嚴重。每年都有相當數量的騎單車人士在交通意外中死亡或重傷。為你的安全著想，要騎單車就先要注意下列的要點：

Cycling is a healthy exercise with great fun. However, if you do not take appropriate safety precautions, the consequences can be very serious. Every year, a good number of cyclists are killed or seriously injured in traffic accidents. For your own safety, pay attention to the following tips before you take to the road -

重要守則

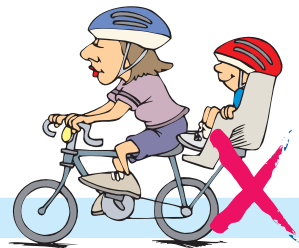
Important rules for safe cycling

- 切記戴上頭盔及保護墊，它或可救回你的生命。
- Wear safety helmets and protective pads. They can save your life.
- 遵守道路交通條例，因為單車也是車輛的一種。適用於其他駕駛人士的法例亦適用於騎單車人士。
- Obey all traffic rules when cycling. A bicycle on the road is also a vehicle. The laws that apply to other drivers are applicable to cyclists alike.



- 不得載客。
- Do not carry passengers.

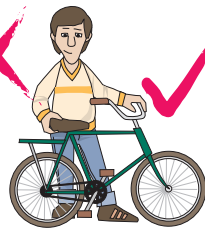
- 年齡在11歲以下的兒童未經父母或監護人同意及在成年人陪同下不得在馬路上騎單車。為安全起見，他們最好由父母或監護人陪同在單車徑上同樂。
- Children under the age of 11 must not ride on roads without the consent of their parents or guardians and in the company of an adult. For safety purpose, children should ride on cycle tracks in the company of either their parents or guardians.



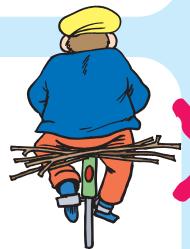
出發前須檢查的項目

Are you ready to go?

- 應選擇一輛適合駕駛者本身體形的單車。
- Choose a bicycle which best suits your physical condition.
- 確保車身性能良好。
- Check and make sure your bicycle is in good condition.
- 攜帶物件應盡量輕巧，放在儲物籃內或行李架上，並綁緊在車上。
- Any articles carried should be light and small and placed in the basket or carrier firmly fitted to your



- 不要運載會阻擋視線及妨礙保持平衡的物品。
- Do not carry anything that blocks your vision or upsets your balance.



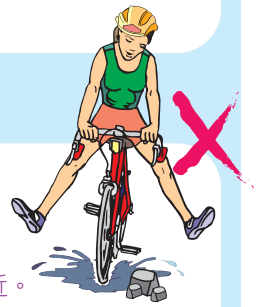
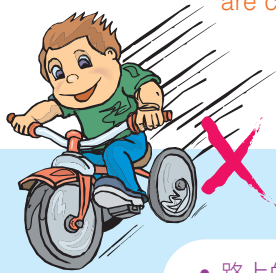
- 在日間應穿著顏色鮮明或淺色的衣服，而在黃昏、夜間或能見度欠佳時則應穿著會反光或熒光的衣服。
- Wear bright or light-coloured clothing during the day and reflective or fluorescent clothing at night or in poor visibility conditions

- 預先計劃你的行程，盡量利用單車徑作為主要路線，及不要在行人路上騎單車。
- Check the routing to your destination. Always use cycle tracks if available. Do not ride on pedestrian footways.



在路上行駛時 Riding on the road

- 經常握住把手及將腳放在腳踏板上。
- Always keep your hands on the handlebar and feet on the pedals.
- 靠左行駛及與路邊石保持距離，應避免在路面左穿右插。
- Ride along the left side of the road and well clear of the kerb. Do not drift from side to side or zig-zag through traffic.
- 應與前車保持安全距離，前車可能突然停下。
- Keep a safe distance from any vehicles you are following - they may stop suddenly.
- 除超車外，必須單排行車。
- You must ride in single file except when overtaking.

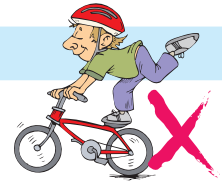


請時刻留意 Always keep an eye for -

- 交通燈號、交通標誌及道路標誌。
- Traffic signals, road signs and road markings.
- 其他道路使用者的信號。
- Signals from other road users.



- 以安全速度行車。
- Ride at a safe speed.
- 不要利用其他車輛拖動本身的單車，也不准攀附其他車輛前進，或用本身的單車，拖著其他單車或車輛前進。
- Do not be towed or held on to a vehicle or tow another bicycle or other vehicle.
- 使用路口及行人過路線時應先下車，用手推著單車步行過馬路。
- Dismount and wheel your bicycle across the road when using the pedestrian or junction crossing.
- 在黃昏、夜間或能見度欠佳的情況下騎單車，必須開著車頭大燈及車尾紅燈。
- Switch on the front white light and rear red light if you are cycling at night or in poor visibility conditions.



- 路上的障礙物。
- Obstacles on the road.
- 長者及幼童。他們可能未留意到你正駛近。
- Elders and children may not see your approaching.
- 泊在路旁的車輛。提防當你駛過時車門會突然打開。
- Parked cars. When passing a row of parked vehicles, be aware that doors may be opened suddenly in front of you.

頭盔及保護墊 Safety helmets and protective pads

- 應妥善佩戴頭盔。如位置正確，頭盔不應向後滑露出前額，向前滑遮住眼睛，或向側滑露出一邊頭部。
- Wear a suitable helmet properly. If fitted correctly, it would not tilt backward to expose your forehead, forward to cover your eyes or sideways to uncover the side of your head.

- 佩戴上合適的保護墊。即使墮下時，亦能減低四肢的損傷程度。
- Wear protective pads on your elbows and knees. They could reduce the severity of injury to your limbs in case you fall from your bicycle.



想知多些？ Want to know more?



- 遵從以上提示，你會享受騎單車這項活動。如需要更多有關騎單車的資訊，請參閱「單車安全」的小冊子或瀏覽運輸署網頁：
http://www.td.gov.hk/road_safety/cyding_safety/index_tc.htm

- Follow these tips and you will find cycling an enjoyable activity. For more details on how to cycle safely in Hong Kong, please refer to the "Cycling Safety" booklet or visit the Transport Department's homepage at :
http://www.td.gov.hk/road_safety/cycling_safety/index.htm

你認識這些交通標誌嗎？ Do you know these traffic signs?



只供騎單車人士使用。
Route to be used by pedal cyclists only.



一條毗連的單車路及行人徑，而該單車路只供騎單車人士使用，該行人徑則只供行人使用。
An adjoining footway and cycleway. The cycleway is to be used by pedal cyclists only and the footway by pedestrians only.



騎單車限制區起點 - 禁止騎單車超越本標誌；如騎單車人士欲超越本標誌，則須下車並手推其單車或三輪車前行。
Cycling restriction - Cycling is prohibited beyond the sign and cyclists must dismount and push their bicycles or tricycles if they wish to proceed beyond the sign.



禁止單車或三輪車駛入。
No cyclists.



禁止行人、單車及三輪車進入。
No pedestrians and cyclists.



騎單車限制區的終點。
End of cycling restriction.

聯絡我們 Contact Us

如對本道路安全通訊有任何意見，可電郵 rssid@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 : rssid@td.gov.hk)