

騎單車 安全才是 第一

**When cycling
Put safety
first**

李慧詩
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2013世界場地單車錦標賽
女子500米計時賽金牌得主

Gold Medallist of Women's 500m Time Trial in
the 2013 UCI Track Cycling World Championships



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Sarah Lee

在馬路上冠軍不是第一，安全才是！
無論你是誰，騎單車，安全才是第一！

“ On the road,
being a champion doesn't come first,
safety does!
No matter who you are,
when cycling, safety comes first!”

騎單車 駕汽車

互諒互讓 共用路面

Cyclists and Drivers : Share the Road and Respect Each Other

騎單車者

- ◆ 騎單車前，檢查單車各部件，確保單車可安全使用。
- ◆ 佩戴頭盔、護墊及其他保護裝備。
- ◆ 要讓汽車司機容易見到你。在日間，穿著顏色鮮明或淺色的衣服；在黃昏、夜間或能見度欠佳時，穿著會反光或熒光的衣服。

Cyclists

- ◆ Check all components of your bicycle are in good working order and ensure your bicycle is safe to ride before setting off.
- ◆ Wear a helmet, pads and other protective gear.
- ◆ Be visible to drivers. Wear bright or light-coloured clothing during the day and reflective or fluorescent clothing at night or in poor visibility.



出發前檢查單車各部件，確保操作正常
Check all components of your bicycle are in good working order before setting off



佩戴頭盔、護墊及其他保護裝備
Wear a helmet, pads and other protective gear



遵守交通規則，遵照交通標誌、道路標記和燈號的指示行車
Obey traffic rules, traffic signs, road markings and traffic light signals on the road



在黑夜或能見度低時，須亮起車前白燈及車後紅燈
Show a white light at the front of your bicycle and a red light at the rear when riding in the dark or at times of poor visibility

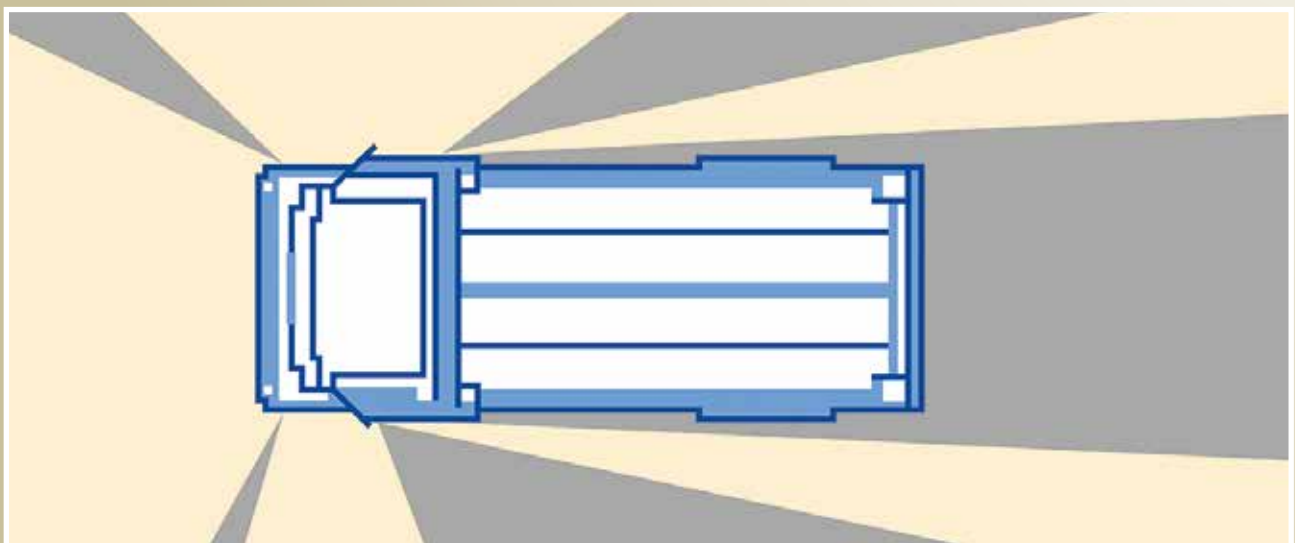
- ◆ 騎單車者與駕駛汽車者都有權使用馬路，都必須互相尊重，遵守交通規則，遵照交通標誌、道路標記和燈號的指示行車。
- ◆ 在黑夜或能見度低時，車頭要展示一盞白燈，車尾要展示一盞紅燈。
- ◆ 除轉線外，必須單排行車，並靠左近石壘行駛。不可逆線行駛或在車輛之間穿插。
- ◆ 晚間的光線較暗，路上車輛較少而車速較快。騎單車者要讓駕車者看得見，並以安全速度行駛。
- ◆ 到了斜路，必須控制車速，並預留較長的煞車距離。
- ◆ 與前面的單車或車輛保持安全距離，以防它們突然煞車。
- ◆ 超車、轉彎或停車前，要留意四周交通情況，並打手號讓道路其他使用者知道你的去向。
- ◆ 駛到路口、燈位、迴旋處或行人過路處等地方，要特別小心。
- ◆ 留意巴士、貨車等大型車輛，它們的盲點會比一般車輛大。
- ◆ Both cyclists and drivers have the right to use the road, and all must respect each other and obey traffic rules, traffic signs, road markings and traffic light signals.
- ◆ When riding in the dark or at times of poor visibility, show a white light at the front of your bicycle and a red light at the rear.
- ◆ Ride in single file along the left side of the road near the kerb except when changing lane. Do not ride against the traffic flow or weave in and out between vehicles.
- ◆ At night, when there is less congestion, vehicles often move faster and are difficult to see. Make sure you are visible and ride at a safe speed.
- ◆ Control your speed when riding on an inclined surface and allow room for braking.
- ◆ Keep a safe distance from other bicycles or vehicles in front of you and beware of them stopping suddenly.
- ◆ When passing, turning or stopping, always look around and make hand signals to alert other road users of your intentions.
- ◆ Take extra care when you reach road junctions, traffic lights, roundabouts and facilities such as pedestrian crossings.
- ◆ Remember that large vehicles like buses and trucks have blind spots that are bigger than those of other vehicles.

汽車駕駛者

- ◆ 騎單車者與駕駛汽車者都有權使用馬路，都必須互相尊重，遵守交通規則，遵照交通標誌、道路標記和燈號的指示行車。
- ◆ 要體諒騎單車者，要明白他們遇到交通意外時會較易受傷。
- ◆ 單車車體相對較小，較難察覺，亦容易受路面不平、橫風或高速駛過的車輛影響；遇上單車，要保持足夠安全距離。
- ◆ 大型車輛的車旁、車尾以至車頭都有盲點，要特別留意其中有沒有單車隱藏。
- ◆ 提防單車可能突然慢駛或停下。要在安全情況下才超越單車。超車時，汽車與單車最少要距離一米。
- ◆ 停車後，駕駛者要提醒乘客，沒有單車駛近才開門下車。
- ◆ 提防有單車從單車徑或支路駛入大路，特別是在路口附近。

Drivers

- ◆ Both cyclists and drivers have the right to use the road, and all must respect each other and obey traffic rules, traffic signs, road markings and traffic light signals.
- ◆ Be considerate to cyclists, and remember that they are vulnerable in accidents.
- ◆ Bicycles can be affected by the road surface, crosswinds and high-speed vehicles. Allow a safe distance for bicycles.
- ◆ Be cautious when driving a large vehicle as there may be cyclists riding in the blind spots near, behind or in front of the vehicle.
- ◆ Remember that a cyclist may suddenly slow down or stop. Pass only when it is safe to do so and keep a distance of at least one metre between your vehicle and the bicycle when passing.
- ◆ When stopping, drivers should remind passengers to check the traffic before opening doors, just in case there are cyclists approaching.
- ◆ Beware of bicycles entering the main carriageway from cycle tracks or side roads.



汽車駕駛者須注意盲點有沒有單車隱藏
Drivers should beware of cyclists in blind spots