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Road
Safety
Bulletin

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道路安全通訊

單車安全貼士

Tips For Cycling Safety



編輯
Editor



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騎單車前要作安全檢查 Conduct Safety Check Before Cycling

騎單車者:

1. 佩戴顏色鮮明、大小適中和符合國際標準（例如歐盟的EN1078，澳洲及新西蘭的AS/NZS2063或美國的ASTM F1447等）的安全頭盔。
2. 穿上鮮色合身的衣服，並戴上反光帶，有助其他道路使用者看見你。
3. 穿上個人防護裝備（例如護肘、護膝及手套）。

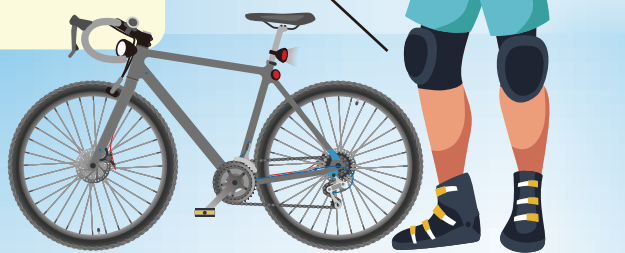
手套
Gloves

安全頭盔
Safety Helmet

護肘、護膝
Pads

For Cyclists :

1. Wear a bright coloured and correctly fitted safety helmet that complies with international standards (such as EN1078 from European Union, AS/NZS2063 from Australia/New Zealand or ASTM F1447 from United States of America).
2. Put on bright and well-fitted clothing together with a reflective belt to help other road users to see you.
3. Wear personal protective equipment (for example, pads and gloves).



有效的
剎車系統
Efficient
braking system

紅色反光體
Red reflector

車尾紅燈
Red lamp at the rear

車鈴
Bell

車頭白燈
White lamp in the front



單車:

1. 選擇類型和大小合適的單車。
2. 須配備警告車鈴及車尾紅色反光體。
3. 須確保單車剎車掣已妥為調校及操作正常，並能有效剎停車輪。
4. 車胎狀況要良好，胎紋要清晰可見，並已適量充氣。
5. 應確保單車的活動部分已加上充分的潤滑油。
6. 車鏈要鬆緊得宜，亦沒有受損或生鏽的跡象。
7. 在夜間或能見度低時騎單車，車頭須亮起白燈，而車尾須亮起紅燈。你的單車燈應適當地向下，以免其他道路使用者目眩。
8. 記得檢查車燈的電池電量是否足以應付全程，並攜帶後備電池和車燈。
9. 單車的前面或側面應裝上白色反光體，而腳踏則應裝上黃色反光體。

For Cycles :

1. Choose the right type and size for you.
2. Must be fitted with a warning bell and a rear red reflector.
3. Make sure the brakes are suitably adjusted and in proper working order, and can stop the wheels effectively.
4. Tyres should be in good condition with clearly visible tread pattern and are properly pumped up.
5. Moving parts should be oiled sufficiently.
6. Chain should be suitably tight with no sign of damage or rust.
7. While riding at night or in poor visibility, a white lamp in the front and a red lamp at the rear must be switched on. Suitably dip your cycle lamp so as not to dazzle other road users.
8. Remember to check that the batteries of the lamps have sufficient energy for the whole journey. Carry spare batteries and lamps.
9. The front or side of the cycle should be fitted with white reflectors and the pedals with amber reflectors.

學習騎單車的安全貼士 Safety Tips for Learning Cycling



單車公園資訊



Information for cycle parks

- 應在合適安全的地方（如單車公園）學習和練習平衡、轉向、開車和停車等各種基本技巧。
- Learn and practise basic skills, such as balancing, steering, moving off and stopping, at a suitable and safe place (like cycle parks).
- 在充分掌握上述技巧後，應重覆練習，並同時練習回頭察看和發出正確信號。
- Having mastered these basic skills, rehearse them again and also practise looking behind and giving correct signals.
- 培養出經常留意四周所有車輛和行人（包括其位置和速度）的意識。
- Develop a constant awareness of all other vehicles and pedestrians around you, including their positions and speeds.

給家長：

- 11歲以下的兒童必須在成年人陪同下，才可在道路上騎單車。
- 應指導兒童在單車徑上騎單車，以遠離交通車輛。

For Parents :

- Children under the age of 11 must be accompanied by an adult if cycling on the road.
- Advise children to ride on cycle tracks to keep away from vehicular traffic.



- 除非能安全及熟練地騎單車，並能明白與遵守駕駛規則，也有能力跟其他道路使用者共用道路，否則不要在馬路上騎單車。
- Do not cycle on the road until you can ride safely and competently, have fully understood and followed the driving rules, and are capable of sharing the road with other road users.

安全騎單車「三部曲」 "Trilogy" for Safe Cycling

在開車、停車或轉向前，應留意以下步驟：

Before moving off, stopping or turning, pay attention to the following steps:

1



✦ **想清楚**：想清楚路線，並為行程預留充分時間。

✦ **Think** : Think through the route carefully and allow sufficient time for the journey.

2



✦ **環顧四周**：察看是否能安全轉向，並四周張望。

✦ **Look** : Check if it is safe to make a manoeuvre and look all around.

3



✦ **發出信號**：如果情況安全，應發出信號，表明你的意向。手號必須正確、清楚和適時發出。

✦ **Signal** : Signal your intention, provided it is safe to do so. Arm signals must be correct, clear and given in good time.

發出信號的安全貼士 Safety Tips for Giving Signals

- ✦ 發出手號時間不應過久，有時（例如會影響操控單車）不發信號，比發信號較安全。
- ✦ 應不時環顧四周，留意其他道路使用者。
- ✦ Arm signals should not be given for longer than necessary and sometimes (e.g. when this will affect control of the cycle) it is safer not to give a signal at all.
- ✦ Look around from time to time and pay attention to other road users.

左轉信號 Left-turn signal



表示騎單車者將會駛入左邊或轉左。

To indicate that the cyclist is going to move out to the left or turn left.

伸出整隻手，直至與肩齊高，掌心向前。

The whole of the arm and hand is extended level with the shoulder, palm facing forwards.

右轉信號 Right-turn signal



表示騎單車者將會駛入右邊或轉右。

To indicate that the cyclist is going to move out to the right or turn right.

減速信號 Slowing down signal



表示騎單車者將會減速或停下來。

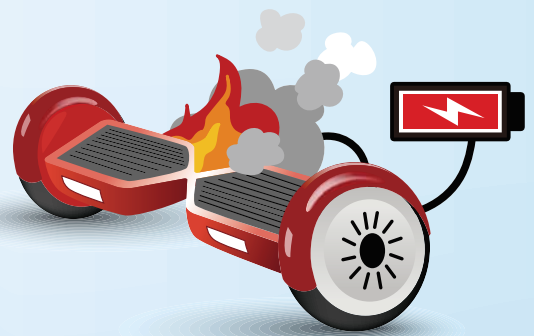
To indicate that the cyclist is going to slow down or stop.

伸出的手要和肩膀一樣高，掌心向下。伸出的手應至少上下擺動3次，但不可太快。
The arm is extended level with the shoulder, palm facing downwards. Move the arm up and down at least 3 times, but not too fast.

使用電動可移動工具 Use of Electric Mobility Devices (EMDs)



- ✦ 現時，在行車道、行人路或單車徑上使用電動可移動工具（例如電動滑板車及電動單車），都可能違反《道路交通條例》及其附屬法例，以及其他相關法例。
- ✦ At present, using EMDs (for example, electric scooters and electric bicycles) on carriageways, footpaths or cycle tracks may commit an offence under the Road Traffic Ordinance, its subsidiary legislation and other relevant legislation.



- ✦ 電動可移動工具的電池質素參差，電池有可能會漏電或過熱（尤其在充電時），引致發生火警。
- ✦ The quality of batteries in EMDs varies. The batteries may leak or overheat, particularly during charging, which may cause fire.

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）。

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