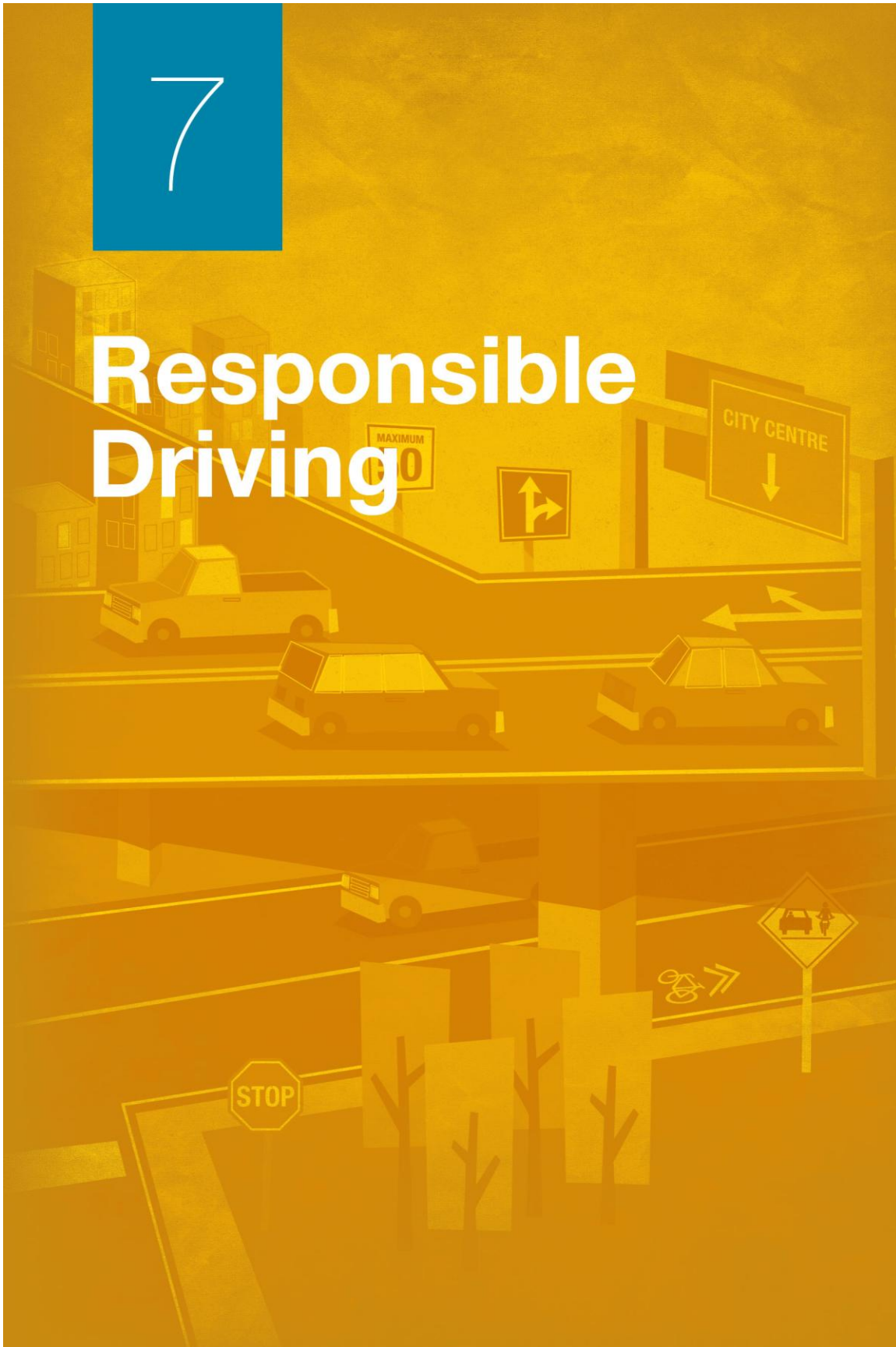


# 7

# Responsible Driving



### Proactive driving

Proactive driving is driving with the aim to anticipate possible hazards and take action to reduce, minimize or avoid danger before it can occur.

Never assume other drivers are always going to drive carefully or respond correctly at all times. Anticipating what might happen can help you to avoid collisions caused by the driving errors of others. This chapter describes the skills and techniques you can use to drive proactively.

### Scan all around your vehicle

Most of your attention should be given to looking forward and scanning for hazards that are developing ahead of you. When you are driving in an urban area, look at least 12 to 15 seconds ahead of your vehicle. This is about one to one-and-a-half blocks. When you are driving in rural areas, look at least 20 to 25 seconds ahead of your vehicle. This is your visual lead time, which provides you with time to respond to hazards ahead of you.

Check behind you by glancing in your rear view mirrors every eight to 12 seconds (about every block in an urban area). Glance in your rear view mirrors when you anticipate slowing or stopping. Be aware of vehicles on both sides and in your blind spots. Do not forget to glance at your speedometer to check your speed.

### Watch for potential hazards

Proactive driving involves a continuous process of watching your surroundings and thinking about whether hazards are developing, and then taking action to reduce risks. There are two types of hazards that should be recognized. These are fixed (those that do not change) and variable (those that change).

Fixed hazards are permanent conditions and situations along the roadway, including:

- restricted vision areas such as curves, hills and hidden driveways

### 警觉/防御性驾驶

警觉驾驶就是在驾驶过程中提前预测到可能发生的危险并采取措施来预防、减少或者避免危险的发生。

永远不要假设其他司机总能专心驾驶或者总能正确反应。预测什么有可能发生，能帮助避免一些因为其他人错误驾驶而发生的事故。这一章详述一些警觉驾驶的技巧和技术。

### 观察车辆四周

驾驶时大部分的注意力集中在前方，观察是否会有什么危险发生。在城区内，向前观察至少 12 到 15 秒的行驶距离，也就是大约一个到一个半街区的距离。在城区之外要向前观察至少 20 到 25 秒的行驶距离。这个时间足够为可能要发生的危险做准备或采取相应的措施。

每隔 8 到 12 秒要通过后视镜查看后方的情况，（相当于大约城区内一个街区的距离）。每当要减速或者停车前，就要看一眼后视镜，并留意车辆两侧及盲区内的车辆，同时不要忘记注意时常查看自己的速度。

### 留意潜在的危險

警觉驾驶持续地观察车辆四周的情况、判断是否有危险即将发生、并且采取行动消除风险。路上的危险分两种：固定不动的和时刻变

- intersections
- merging roadways

Variable hazards change through the day, including:

- school children and other pedestrians
- left-turning vehicles
- icy road surfaces
- “stale” green lights
- emergency vehicles

Be prepared to take action to avoid a problem as the situation changes. Expect the unexpected and always plan an escape route.

#### Have a **space cushion**

Leave enough space between yourself and the vehicle ahead, behind and to either side to stop safely or steer around a possible hazard. If someone is following too closely, and if it is safe, reduce your speed just enough to encourage them to pass. If the person does not pass, create a wider space cushion between you and the vehicle ahead.

When stopping behind another vehicle in traffic, leave enough space so that you could move your vehicle into another lane without having to reverse. The extra space reduces the risk of hitting the vehicle ahead if you are hit from behind. This also allows you to move out of the way of a vehicle that may be skidding or slipping on ice behind you.

#### Plan ahead

Plan your travel route before you set out, and keep it in mind as you drive. Be sure you are in the proper lane well in advance of your exit or turning location. This will help you avoid making quick and dangerous lane changes. If you miss your exit or turn, continue on to the next exit or intersection. Never drive your vehicle in reverse on a roadway to return to a missed exit or turn. Use your signal lights to let other drivers know what you intend to do.

化的。

固定的危险就是沿途固有的条件和状况，包括：

- 视线受阻的区域，比如弯道，坡道、和不明显的小路
- 交叉路口
- 道路合并

变化的危险包括：

- 学龄孩子和其他行人
- 左转的车辆
- 结冰路面
- 即将变为黄灯的绿灯
- 紧急车辆

在情况有变化的时候，准备好采取行动，避免问题的发生。时刻警惕其他司机可能会犯错误，并计划躲避方案。

#### 保持车辆四周的安全空间

时刻让车辆的前面、后面及两侧与其他的车辆保持有足够的安全空间，以便可以安全地停车或者躲避可能发生的危险。如果后面的车辆跟随太近，安全的情况下适当减速，鼓励后车超车。如果后车坚持不超车，则与前车拉开更大的车距。

在车流中，当需要在另一辆车后面停车，要保留足够的车距，这样就可以不用倒车，直接变换车道。有超足够的距离，当被其他车辆从后面碰撞时，可以减少碰到前面车辆的危险。当后面的车辆在冰上滑溜时，可以驶离车

### Collision avoidance

Watch the road ahead and stay alert. Watch for any possible problems. If you must turn sharply to avoid something in your lane, stay on your side of the yellow line if possible.

You can learn more about proactive driving and avoiding a collision by taking an approved driver education course. These courses, called Defensive Driving Courses, are available throughout the province from licensed driver training schools and authorized agencies.

### Maintain your following time and distance

You should drive a minimum of two seconds behind the vehicle ahead. This is for normal road and weather conditions. When conditions are less than ideal, increase your following distance.

To know if you are two seconds behind the vehicle in front of you, when it passes a fixed object like a road marking or a shadow on the roadway, start counting. Count one-thousand-and-one, one thousand-and-two. If the front of your vehicle reaches the object before you are finished counting, you are following too closely. Reduce your speed and count once more. The two-second rule works at any speed.

An exception to this rule is for drivers of large vehicles, such as motor homes. It is recommended that you use a minimum four-second following distance.

### Cellular phones and other distractions

Do not use a cellular phone or other electronic devices while driving. Using a cellular phone to make or receive a call, or to receive or send a text message is a distraction that can take your attention away from the demanding task of driving. This applies to hands-free cellular telephones as well. If you want to make or receive a call, or receive or send a text message, stop in a safe and legal place.

道。

### 提早计划

出发之前，计划好行车线路，并牢记在心。出口或者转弯之前，提前进入正确的车道，这样可以避免危险的快速变道。如果错过了出口或者转弯路口，继续前行到下一个出口或者交叉路口。绝对不能为了回到错过的出口或者路口而在路上倒车。在合理的时间使用信号灯让其他车辆了解自己的意图。

### 避免车辆事故

观察道路前方，保持警觉，对任何有可能发生的问题做出判断。如果必须紧急躲避车道内的危险，尽可能不过黄线。

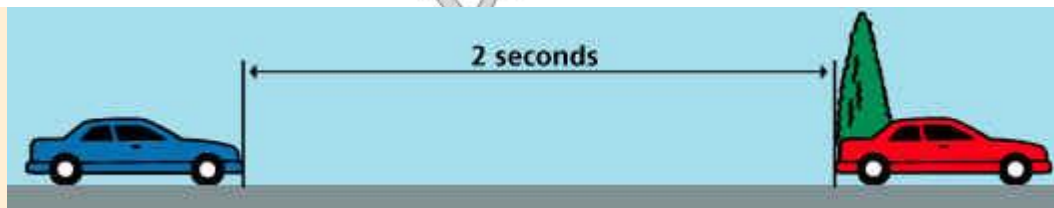
想要了解更多关于警觉驾驶和避免车辆事故的知识，可以参加交通部认证的驾校的 DDC 课程(防御性驾驶)。

### 保持跟随时间和距离

跟随前面的车辆行驶要保持至少 2 秒钟(行驶)的车距。这是正常路面和天气状况下的跟随距离。如果路面和天气状况差，就要加大跟随车距。

要想知道和前车的距离是否够 2 秒，可以按如下方法测算：当前车经过一个固定参照物

<p>平安驾校</p>	<p>时，比如路标或者路面的影子，就开始数数：‘一千零一’，‘一千零二’，如果在没数完之前已经到达参照物，说明跟得太近了。减速，再数一次。这个 2 秒钟规则适合任何速度。</p> <p>这个规则对大型车辆不适用，比如旅行房车。对于这些车辆来说，建议保持至少 4 秒的车距。</p> <p><b>手机和其他干扰</b></p> <p>驾驶的时候，不要使用手机或者其他电子设备。使用手机拨打或接听电话或者接收发送短信，分散司机的注意力，使驾驶变得不够安全，即使使用免提电话也是如此。如果必须要使用电话，先找一个安全合法的地方停下来。</p>
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Keep a minimum two second-distance when following another vehicle.

当跟在另一车辆后面时，保持最少 2 秒的距离

Do not do activities that allow you to be distracted while driving. While all forms of distracted driving can be hazardous, the Traffic Safety Act includes fines and three demerits

在驾驶的时候，不要做干扰自己的事情。各种受干扰的驾驶都是危险的。交通安全法规规定罚款和记三分的分心驾驶行为：包括使用

certain distractions. These include using a hand-held cell phone, texting or emailing, using electronic devices, such as laptop computers, video games, cameras, video entertainment displays and programming portable audio players, entering information on GPS units, reading printed materials in the vehicle, writing, printing or sketching, and personal grooming.

### Securing passengers

In Alberta, all drivers and passengers must be properly secured in the vehicle with a seat belt or an approved child safety seat attached by a seat belt or an anchor system. Passengers 16 years of age and older not properly secured in the vehicle can be fined. You, as the driver, are responsible for ensuring that all passengers in your vehicle under 16 years of age are properly secured. You can be fined if they are not properly secured.

### Child safety seats

A child under the age of six years and who does not weigh more than 18 kilograms (40 pounds) must be properly secured in a child safety seat. The child safety seat must be installed in the vehicle according to manufacturer's instructions of the vehicle and child safety seat.

All child safety seats used in Canada must have a label on them that states the product meets Canada Motor Vehicle Safety Standard 213. Do not use a child safety seat unless it has this label. Do not use a child safety seat that is designed for use in countries other than Canada.

There are various types of child safety seats available. Choose one that is right for your child's age or weight.

手提电话、收发短信、邮件，使用电子设备比如手提电脑，视频游戏、相机、视频娱乐显示器、编程编写音频播放器，在 GPS 上输入信息，在车辆里读印刷品、书写、打印或者画图，以及个人梳妆。

### 保护乘客

在阿省，车内所有人员包括驾驶员和乘客必须使用安全带和/或车上的锚挂固定的儿童座椅。16 岁或以上的乘客，如果在车里没有系安全带将会被罚。作为驾驶员，要确保车内所有 16 岁以下的乘客系上安全带，如有例外，驾驶员将会受罚。

### 儿童安全座椅

6 岁以下的儿童以及体重不超过 18 公斤（40 磅）的乘客，必须使用安全座椅上。儿童安全座椅必须是按照汽车生产商和儿童安全座椅生产商的说明来固定在车辆里。

所有在加拿大使用的儿童安全座椅必须附带一个标签，说明产品符合加拿大机动车安全标准 213。没有这个标签的儿童安全座椅是不能

**REAR FACING SAFETY SEATS :**

All children, from birth, must ride in either a rear-facing infant seat or a rear-facing convertible seat until reaching the recommended weight to switch to a forward facing safety seat, according to the manufacturer's instructions.

All newer vehicles and child safety seats come equipped with the universal anchor system or UAS/LATCH. In older vehicles, the child safety seat must be properly secured into the vehicle using the seat belt. Check the instruction manuals for your vehicle and the child safety seat for more information.



Rear-facing child safety seat.  
面向后方的儿童安全座椅

**FORWARD-FACING SAFETY SEAT:**

Forward-facing child safety seats are designed for children 10 to 18 kilograms (22 to 40 pounds). All newer vehicles and child safety seats come equipped with the universal anchor system or UAS/LATCH. In older vehicles, a forward-facing seat must be properly secured by using the vehicle seat belt. The child safety seat's tether strap and vehicle's tether anchor must be used. (You may need to have a tether anchor installed by your vehicle dealer.) Check the instruction manuals for the vehicle

使用的。

有很多种类的儿童安全座椅。可以根据孩子的年龄或者体重，选择合适的一款。

**倒置的安全座椅：**

根据生产商的说明，从出生开始的孩子就必须使用倒置的(面向后方)婴儿座椅或者可调方向的安全座椅，当儿童的体重达到一定的标准，就可以换成面向前方的安全座椅了。

所有较新的车辆和儿童安全座椅都配置有通用的锚挂系统或栓扣。比较旧的车辆，儿童安全座椅必须使用安全带固定。安装前，查看车辆使用说明和儿童安全座椅说明。

and child safety seat for more information.



Convertible child safety seat  
可转换儿童安全座椅

### Booster seats

Children who weigh more than 18 kilograms (40 pounds) should be secured in an approved booster seat prior to using only the vehicle's seat belt without a booster seat. The seat must be used according to the manufacturer's instructions.



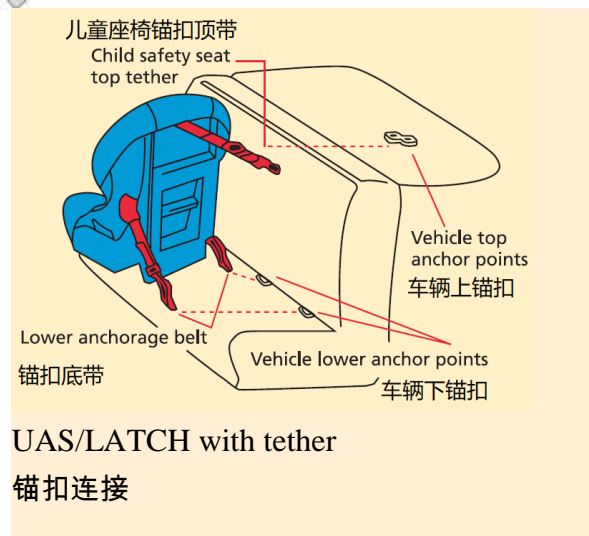
### Fuel efficiency and helping our environment

#### Improving fuel efficiency

Most drivers can significantly reduce the amount of fuel used by applying the following basic driving practices.

### 面向前的安全座椅：

面向前方的儿童安全座椅是为 10 到 18 公斤 ( 22 到 40 磅 ) 的儿童设计的。所有较新的车辆和儿童安全座椅都配置有通用的锚挂系统或栓扣。比较旧的车辆，面向前方的儿童安全座椅必须使用安全带固定。儿童安全座椅安全带 ( 带挂钩 ) 必须挂住车辆的锚扣。( 也许需要汽车供应商安装一个锚扣 )，更多信息可在车辆使用说明和儿童安全座椅说明中查到。



### 加高座椅

体重超过 18 公斤 ( 40 磅 ) 的儿童，在可以正常使用车辆安全带之前，应该使用合格的加



When buying a vehicle, consider fuel-efficient models. Generally, the smaller the engine, the less fuel it will use. When shopping for a new vehicle, look for its EnerGuide label. This identifies the vehicle fuel usage in terms of litres used for each 100 kilometres driven (litres/100 km), and estimated annual fuel cost.

Travelling at higher speeds increases fuel use. Every 10 km/hour above 90 km/hour burns about 10 per cent more fuel.

Avoid quick acceleration. It is safer and more fuel-efficient to gradually increase your speed. As much as possible, maintain a steady speed. Rapid acceleration and changes in speed can increase fuel consumption by as much as 40 per cent. Cruise control can help maintain a fuel efficient steady speed on the highway.

Idling wastes fuel. Ten seconds of idling can consume more fuel than turning off your engine and re-starting it. If you are parking for more than 10 seconds, turn off your engine. For every 10 minutes of idling, the average vehicle uses about one-third of a litre of fuel. A vehicle with a larger engine can use up to one-half of a litre.

Idling your engine is not the best way to warm your vehicle in the winter. Idling warms the engine and possibly the interior of the vehicle, but it does not warm vehicle parts like the tires, steering and other moving parts. These parts of your vehicle are only warmed by driving. According to Natural Resources Canada, one minute of idling on a cold winter day is enough. Start your vehicle, and by the time you brush off the snow and clean your windows, the vehicle is ready to go.

Use a block heater in the winter to warm the engine oil and make cold starts easier on your engine. Use a timer to switch the block heater

高座椅上，这个加高座椅需要按照生产商的说明使用。

燃油效率，保护我们的环境

改善燃油效率

按以下要点改变基本的驾驶习惯，大多数的驾驶员都能够明显的减少燃油的使用量。

当购买车辆的时候，油耗应该是一个考虑因素。发动机越小，消耗的燃油越少。买新车的时候，检查标有油耗指标的标签，其上标明了行驶 100 公里所消耗燃油量，由此可估算出每年的燃油费用。

高速驾驶会增加油耗。时速 90 公里以上时，每多 10 公里时速，就会增加燃油 10%。

避免突然提速，平稳提速既安全又节省燃油。尽量保持平稳的时速，突然提速和突然变速，可能会增加 40% 的燃油消耗。使用定速巡航控制可以帮助节省燃油。

on two hours before you plan to drive.

Proper use of a block heater can improve your vehicle's overall fuel economy by as much as 10 per cent. Do not leave your block heater on overnight or your energy savings will disappear in higher electricity costs. Remote vehicle starters are handy on cold mornings, but do not start your vehicle too early.

A vehicle that is properly maintained will be more fuel efficient and safe. Have regular maintenance checks done by a qualified mechanic.

- A poorly tuned engine can increase fuel consumption by up to 50 per cent.
- A clogged air filter can reduce fuel efficiency by 10 per cent.
- Under-inflated tires increase fuel consumption by about five per cent, as well as increase tire wear and reduce traction.

To get maximum fuel economy on a vehicle with a manual transmission, shift through the lower gears smoothly and quickly. Build up speed in the higher gears. An automatic transmission shifts to a higher gear earlier if you reduce pressure on the gas pedal as you increase speed.

You can improve your fuel efficiency in summer by minimizing your use of air conditioning. Air conditioners used in stop and go traffic can increase fuel consumption by as much as 10 to 25 per cent. At highway speeds, air conditioning increases fuel consumption by three to four per cent. To stay cool at highway speeds, use your vehicle's flow through ventilation. When driving in the city, open a window.

Extra weight means using extra fuel. Heavy bags of sand and salt in the trunk will help winter driving traction, but should be removed when no longer needed.

怠速会浪费燃油，发动机 10 秒钟的怠速运作会比关掉发动机然后再启动消耗更多燃油。如果要停车超过 10 秒，就关掉你的发动机。每 10 分钟的怠速，车辆会耗掉三分之一升的燃油。更大的发动机可能会用掉半升的燃油。

在冬天，怠速发动机不是暖车的最好方法。怠速运转能预热发动机，可能也预热了车辆的内部，但是不会预热车辆的部件，比如轮胎、方向盘和其他转动的部件。这些部件只有在驾驶过程中才能预热。加拿大能源部指出，即使在寒冬，一分钟的热车时间已经足够。车辆启动后，扫去车上的雪并清洁一下车窗，车辆已经可以驾驶了。

在冬天，使用发动机加热器来温暖发动机机油使启动更容易。最好使用定时器设定在出行前 2 小时开始给发动机加热。

正确使用发动机加热器能够提升车辆的综合燃油效率，最多可达百分之十。不要让发动机加热器整晚开着，不然，高价电费让你从燃油剩下的钱消失无踪。在冬天的早上，车辆遥控启动是非常方便的，但不要太早热车。

一辆正确养护的车辆能够更好的节省能源并提

Trip planning can save you time, money and fuel. Avoid traffic congested routes. Combine several errands into one longer trip and avoid rush hour traffic when possible.

### Fuelling safety

Fuelling a vehicle should receive your full attention.

- Do not smoke, light matches or use a lighter when fuelling your vehicle. Gasoline vapours mix with air, which contains oxygen. If you add an ignition source such as cigarettes or matches, a fire or explosion can occur.
- Do not use a cellular phone while fuelling. Phones that light up when switched on or when they ring may have enough energy to provide a spark. The spark could ignite gasoline vapours.
- Turn your vehicle ignition off before fuelling.
- If you have a recreational vehicle (RV) or trailer, be sure that any pilot lights are turned off. These could provide a source of ignition.
- Inform the station attendant if there is a fuel spill.
- Do not let children handle the fuel nozzle. Do not expose your child to the potential risk of being splashed with gasoline or inhaling fumes.
- Never prop the fuel nozzle handle open with an object. This greatly increases the chance of spills.
- Stay by the nozzle handle during fuelling. Static electricity can be generated as you move around or get in and out of your vehicle. When you return to the pump and touch the nozzle handle, static electricity could be released. This could ignite the gasoline vapours and cause a fire or explosion.
- Do not overfill your tank. Overflow and

高安全性，要由有资格的机械师定期进行养护。

- 调整不好的发动机可能升高耗油量高达百分之五十。
- 空气过滤不通畅会使燃油效率下降百分之十。
- 轮胎气压不足会提高燃油消耗达到百分之五，并增加轮胎磨损和减少附着力。

驾驶手档车时，从最低档位平稳快速的换到高档位能最大限度地提升燃油效率，使用高档位(4档或5档，有些车还有6档)提速到较高的速度。自动档车辆在加速时，如果踩油门的力度减小，自动换到高档位的时机要稍微早一些。

在夏天，减少使用空调，可以提升燃油效率。在停车或者行进中，空调会提高油耗，高达百分之十到百分之二十五。行驶速度较高时，空调会提高油耗百分之三到百分之四，这种情况下使用车辆的通风系统又凉爽又省油。在市区内驾驶的时候，打开车窗也是不错的选择。

额外的重量意味着需要更多的燃油，冬天时在车内备些沙袋和盐袋能够在应急时使用。但当不需要的时候(春天、夏天)，就要搬下来。

spills can affect the environment.

- When filling extra containers, such as gas containers for your lawn mower or snow blower, remove them from your vehicle and place them on the ground. This will allow static electricity to discharge and keep spills out of your vehicle.

### Traffic laws

Here are some traffic laws that all drivers should be aware of:

- Do not use your vehicle to tow anyone, for example, a person on skis, riding a toboggan, motorcycle or bicycle.
- It is against the law to let a person ride in a trailer when it is being towed.
- People under the age of 14 cannot operate a tractor or any self-propelled farm equipment on a highway.
- If the view from your inside rear view mirror is blocked, you must attach an outside rear view mirror on each side of the vehicle.
- If a vehicle's load extends 1.5 metres (5 feet) or more beyond the rear of the vehicle, the following is required:
  - During daylight hours, a red flag should be attached to the end of the extension or load. The flag be at least 30 centimeters (one foot) long on each of the four sides of the square.
  - At night, a red light must be attached to the end of the extension or load.
- In a residential area, you must not operate a vehicle in a way that disturbs the residents between the hours of 10 p.m. and 7 a.m.
- If you drive a vehicle on a roadway without care and attention, or without reasonable consideration for others using the road, you could be found guilty of careless driving.
- It is illegal to operate your vehicle using two lanes on a highway, except when conditions cause the use of a single lane to be impractical.
- When you are driving, you must not allow anyone to ride on the outside of your vehicle. This includes the open box of a pick up truck.

计划好行程能够节省你的时间、金钱和燃油。避开堵车的线路，把多个要做的事情合并到一次的车程里，如果可以的话，避开交通高峰期。

### 安全加油

加油时需要全神贯注。

- 加油的时候，不要抽烟、点火柴或者使用打火机，汽油蒸汽混合着空气，空气中有氧气，如果增加了点火源，比如香烟或者火柴，大火或者爆炸都有可能发生。
- 加油的时候不要使用手机，手机开机或者铃响的时候会亮灯，这会有足够的能量产生火花，火花能点燃汽油蒸汽。
- 在加油之前，把车辆熄火。
- 如果你有旅行房车或者挂车，确保指示灯息掉，这些灯能提供点火源。
- 如果加油时有洒漏，要通知油站人员。
- 不要让儿童把握加油枪。不然孩子就会身处潜在的风险中，这些风险包括溅上或者吸入汽油烟雾。
- 不要用其他东西把加油枪开关顶住保持打开状态，这样会造成油箱加满了加油机也不会停的情况，造成燃油外泻。
- 加油的时候，站在加油机旁边，行走或

You and the other person can be charged for this offence.

上下车的时候会产生静电，回来再次触碰加油枪手柄时，静电释放就会点燃汽油蒸汽，引发火灾或爆炸。

- 不要加满油箱至溢出。燃油泄漏会影响环境。
- 当加油到其他容器里，比如为剪草机或者扫雪机加油，把容器拿到车外，放到地面上，这样能将静电释放到地下，而且如有洒溅也不会洒在车上。

#### 交通法规

所有驾驶员必须了解以下交通法规的一些规定：

- 不要用车辆拖行任何人，比如在滑板、雪橇、摩托车或者自行车的人；
- 行驶过程中让乘客坐在拖挂车中，是违法的。
- 14 岁以下儿童不能操作拖拉机，或者其他自行推进的农用设备到公共道路上。

(以下部分在 2017 年之后的版本中删除)

- 如果你车内的后视镜的视线被遮挡，必须在车外两边安装后视镜。
- 如果货物在车尾超出 1.5 米 (5 尺) 或者更多，以下的措施必须要做：
  - 在白天时间里，红色的旗子应该挂在车尾或者载物上。四边形旗子每边必须至少 30 厘米 (1 尺) 长。

	<ul style="list-style-type: none"><li>○ 在夜晚时间里，红色的灯必须挂在车尾或者载物上。</li><li>● 在居民区，在晚上 10 点到清晨 7 点，不能驾驶噪音太大的车辆扰民。</li><li>● 如果在道路上不负责任地、不管不顾其他车辆、行人或道路设施的安全，会被判粗心驾驶。</li><li>● 在道路上，占用两个车道行驶是违法行为，除非当时路况条件使占用一个车道行驶成为不可能。</li><li>● 行驶过程中，不能有任何人乘坐在车辆的外面，这包括开放车厢的皮卡。司机和乘客都会因这种行为被处罚。</li></ul>
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FRANK

平安驾校