



Five Rules for safe use of bicycle



① In principle, cyclists must ride on roadways and ride on the left ; only in exceptional cases may sidewalks be used ,and give pedestrians the right of way

★ Cyclists must in principle use roadways where there is a distinction between sidewalks and roadways.

★ Cyclists must proceed along the left edge of the road when riding along roadways.



★ If standard bicycles are permitted to be ridden on the sidewalk, you must keep to the roadway side, and proceed along at a speed that can be stopped immediately.

★ Cyclists must come to a stop if the bicycle's progress would prevent pedestrians from proceeding .

When there is a road sign or marking indicating that standard bicycles can use a sidewalk, it is possible for standard bicycles to ride along it.



② At intersections, Obey traffic signals and must come to a stop and check safety

★ Obey traffic signals and check safety when crossing a road

★ At Intersections where road signs or markings indicate that you must come to a stop, be sure to do so, and check both ways for safety before proceeding.



③ Use bicycle lights at night

★ Turn on bicycle lights at night without fail and be sure to riding a bicycle with reflectors.



④ Prohibited from riding under the influence of alcohol

★ Riding bicycles under the influence of alcohol is also prohibited as with a vehicle.



⑤ Wear a bicycle helmet

★ All bicycle users should wear a bicycle helmet in order to reduce the damage caused by bicycle accidents.

★ Persons responsible for the protection of elementary schoolers and infants must endeavor to make them wear bicycle helmets when allowing them to ride bicycles.



Using smartphones while driving causes serious accidents.

边开车边使用手机会引发严重事故。



Using a smartphone while walking is also dangerous!
走路看手机也很危险!!



Don't be distracted by your smartphone!

不要一边做其他事一边使用手机!



Using a smartphone while driving a vehicle or riding a bicycle is prohibited by law.

无论开车还是骑自行车，法律上都禁止“分心使用手机”。

*Even if you are not holding your smartphone, it is an offence to concentrate on the screen while driving.

※即使没有把手机拿在手里，驾驶中盯着屏幕也是被禁止的。

National Police Agency/
Prefectural Police
警察庁・都道府县警察

交通ルールを守って
つながる笑顔



An increasing number of accidents involving death or serious injury are caused by **smartphone distraction!** “分心使用手机”引发的死亡和重伤事故不断增多!

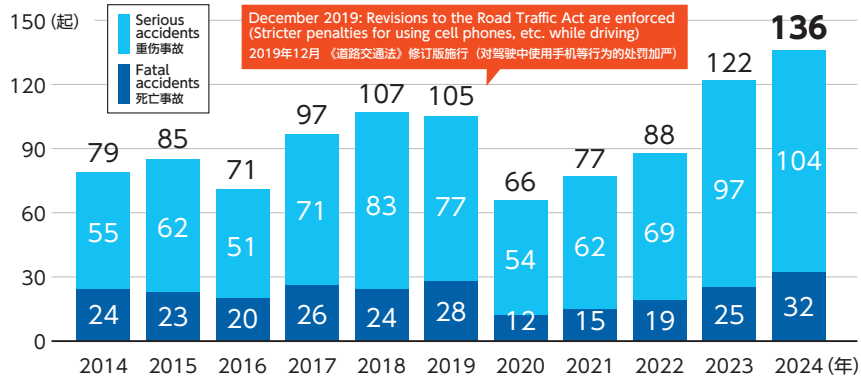


Traffic accidents caused by vehicle drivers 机动车驾驶人员引发的交通事故

In 2024, **136 accidents** involving death or serious injury were caused by drivers who were distracted by smartphone use, which is **the highest number since 2014**, and **such accidents are being caused regardless of the driver's age**. What's more, **the rate of fatal accidents was approximately 3.7 times higher than with drivers who were not distracted by using smartphones**. Operating a smartphone or looking at the screen can lead to a fatal accident in a split second (see the following graphs).

2024年，机动车驾驶人员“分心使用手机”引发的死亡和重伤事故达**136起**，是**2014年以来事故最多的一年**，且不分年龄，**各个年龄段都会引发死亡和重伤事故**。另外，“分心使用手机”引发的**事故死亡率约为不使用手机时的3.7倍**，在操作手机等或看屏幕的瞬间就可能引发死亡事故（参见图表）。

Number of accidents involving death or serious injury caused by smartphone distraction
“分心使用手机”引发死亡和重伤事故的数量走势



Notes:
- Number of accidents denotes those in which the primary party was driving a vehicle (passenger vehicle, cargo vehicle, special-purpose vehicle).
- Number of accidents denotes an aggregate for those in which the use of cell phones, smartphones, etc. was the primary cause.
(注)·第一当事人为机动车(轿车、货车、特殊车辆)的事故数量。·因使用手机等引发事故的统计。

Comparison of rate of fatal accidents depending on the use or otherwise of cell phones, etc. (Totals from 2020 to 2024)
按是否使用手机等分类的事故死亡率对比 (2020年至2024年合计)



Note:
Rate of fatal accidents denotes the percentage of fatal accidents among all traffic accidents.
(注)“事故死亡率”是指交通事故中死亡事故所占的比例。

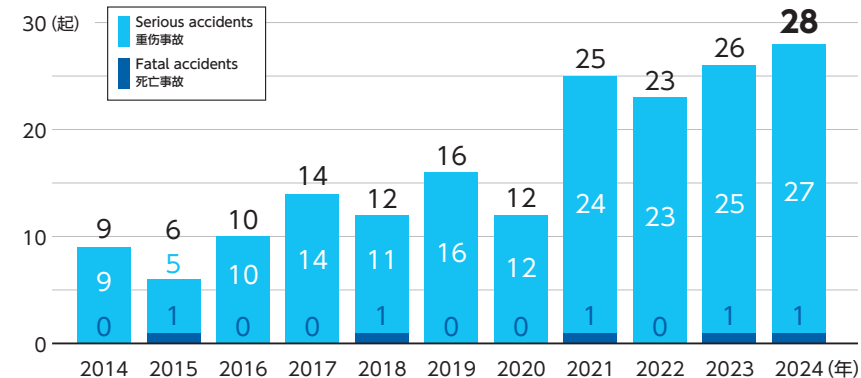


Traffic accidents caused by cyclists 骑车人员引发的交通事故

In 2024, **28 accidents** involving death or serious injury were caused by cyclists who were distracted by smartphone use, which is **the highest number since 2014**, and **in terms of age, cyclists aged 19 or under accounted for approximately 60% of those accidents** (see the following graphs).

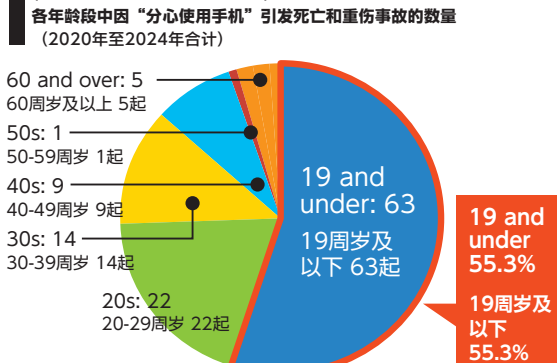
2024年，骑车人员“分心使用手机”引发的死亡和重伤事故达**28起**，是**2014年以来事故最多的一年**。各年龄段中，**19周岁及以下约占六成**（参见图表）。

Number of accidents involving death or serious injury caused by smartphone distraction
“分心使用手机”引发死亡和重伤事故的数量走势



Note:
Number of accidents denotes an aggregate for those in which a cyclist was the primary or secondary party, and their using a cell phone, smartphone, etc. was the primary cause.
(注)在自行车为第一或第二当事人的事故中，骑车人员使用手机等引发事故的统计。

Number of accidents caused by smartphone distraction and involving death or serious injury (by age group)
(Totals from 2020 to 2024)



Note:
Aggregates are categorized based on the cyclist's age (primary/secondary party)
(注)按骑车人员(第一/第二当事人)的年龄段分类统计。

Penalties, etc. 处罚等规定

	Penalty 处罚规定	Fine 罚款	Penalty points on driver's license* 分数※
When using a cell phone, etc. to make a call or holding it to look at the screen 使用手机等通话或手持手机盯着屏幕时	Up to 6 months' imprisonment or a fine of up to ¥100,000 6个月及以下拘役或10万日元及以下罚款	Large vehicle: ¥25,000; normal vehicle: ¥18,000; motorcycle: ¥15,000; scooter: ¥12,000; bicycle: ¥12,000 (from April 1, 2026) 大型车25000日元、普通车18000日元、摩托车15000日元、轻型摩托车12000日元、自行车12000日元 (2026年4月1日起)	3 3分
Cases in which danger to traffic (traffic accidents, obstructing pedestrians, etc.) is caused by the above-mentioned behavior, or by concentrating on the screen of a cell phone, etc. that is not being held in the hands 因上述行为或非手持手机等盯着屏幕而引发交通危险(交通事故、妨碍行人等)时	Up to 1 year's imprisonment or a fine of up to ¥300,000 1年及以下拘役或30万日元及以下罚款	Not applicable 不适用	6 (license suspended) 6分 (暂扣驾照)

*Offences due to cycling do not incur penalty points on a driver's license. ※对自行车违反不算分数。