



**Your eyesight
could affect your safety
on the road**



**Make sure
you're safe...**



Most people experience deteriorating eyesight in one form or another as they get older, either as a natural part of ageing or because we develop an eye disease such as cataracts.

Poor eyesight can make it harder to see road signs and markings, pedestrians, cyclists, horse riders and motorcyclists, especially in the dark. It can be more difficult to judge someone else's speed or distance, and it can slow our reaction time. This can result in braking or taking avoiding action too late, or even not seeing something or someone at all.

What are the rules on eyesight and driving?

In good daylight, you must be able to read a car number plate (made after September 1, 2001) from a distance of 20 metres, while wearing glasses or contact lenses if necessary.

If you need glasses or contact lenses to drive, you must wear them at all times when driving.

You must report any condition that affects both eyes and vision (except long or short sight or colour blindness) to the DVLA, using form V1. This does not necessarily mean you will lose your licence – an assessment of your vision will be made.

How to make sure you're safe

It is strongly recommended that all drivers have an eyesight test at an opticians every two years, or more often if the optician advises.

Avoid wearing glasses with tinted lenses, unless advised to do so by your optician or ophthalmologist. Tinted lenses reduce the amount of light available to the eye, and are not recommended for driving, especially at night or in poor visibility.

More information on eyesight and eye tests is available on www.NHSinform.scot or 0800 22 44 88.

If the DVLA says you can carry on driving, consider taking a driving assessment, which can be organised through RoSPA or a number of other organisations.

For more information:

Visit: www.lifeontheroad.org.uk | Call: 0121 248 2130