

Long or short sighted?

Both need correcting for safe driving. The over 50's are most at risk of their long sight being affected. This is usually corrected with glasses or contact lenses.

FACT!

Only 10% of adults have perfect vision: approximately 60% are long sighted and 30% are short sighted.

Peripheral vision

It is estimated that we lose between 1% to 3% of our side vision every 10 years.

This reduction can cause serious danger, for example when changing lanes, at junctions and multi-lane driving situations.

Blurred vision

Vision often deteriorates too slowly for people to notice. Regular visits to your optician should detect any changes.

FACT!

More than 1.5 million UK drivers (4%) have never had their eyes tested.

Drivers should be able to read a car number plate in good daylight at 20 metres with the aid of glasses or contact lenses if required.

Remember... if you need to wear glasses or contact lenses to read a number plate, you **MUST** wear them whilst driving.

Tunnel vision

This is a rare condition where objects cannot be seen properly if they are not close to the centre of your field of view. This can easily be detected by your optician.

Are
your
eyes
fit to
drive?

See Clearly to Avoid Driving Hazards

Driving in traffic can put strain on any driver. Long journeys, congested roads and poor weather conditions all create additional hazards.

The ability to see properly is vital to everyone's safety on the road. As drivers, passengers, bikers and pedestrians we rely on our eyesight to take in information to help us make decisions. As we age, the muscles in our eyes weaken.

Most drivers take great care to ensure that their car is well-maintained and safe to drive. Every driver should take equally good care of their eyesight. Poor vision or eye strain can seriously hinder your ability to drive safely, putting your own and others' lives in danger.

Just as you take your car to the garage regularly for a service, you should go to your local opticians to get your eyes checked too. Opticians know all about the visual needs of drivers and will examine your eyesight thoroughly, assess your vision and, if necessary, issue an appropriate prescription.

Standards of vision

You must be able to read (with glasses or contact lenses, if necessary) a car number plate 20 metres away. You must also meet the minimum eyesight standard for driving by having a visual acuity (clarity) of at least 0.5 measured on the Snellen scale (with glasses or contact lenses if necessary) and must have an adequate field of vision (your optician can tell you about this).

The law

You must wear glasses or contact lenses if you require them to meet the 'standards of vision for driving'.

You must inform the DVLA if you have any problem with your eyesight (that can't be corrected with glasses or contact lenses). This, however, does not include being short or long sighted or colour blind.

When did you last have your eyes tested?

For more information visit the Lancashire Road Safety Partnership website:

www.lancsroadsafety.co.uk

