

Drivers forget just how important regular eyesight examinations are.

Good eyesight is essential for safe driving, and there is a legal requirement in Britain for drivers to meet a minimum standard of vision. Section 34 of The Highway Code states,

"You must be able to read a vehicle number plate from a distance of 20.5 metres (67 ft) which is about five car lengths. If you need glasses (or contact lenses) to do this you **MUST** wear them when driving".

Please note that, with the new style number plates, the distance required is now 20 metres (66ft).

Hints:

- Keep your windscreen clean
 - Slow down when travelling from a lit area into a dark one, until your eyes adjust
- Look to the nearside of the road to avoid oncoming headlight dazzle

Conclusion:

- Remember it is your responsibility to ensure that you meet the standards to be legal and insured
- Get professional advice if you feel irritable after driving, your eyes feel tired or itchy or you get headaches