



Prevention and health guidelines for **safe driving**

Problems with eyesight

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Your eyesight provides you with the greatest amount of incoming information to process as you drive, and for this reason you can easily strain your eyes on long trips. Eyesight problems, moreover, can make it even more tiring when you drive.

When should you suspect you have problems with your eyesight?

Answer these questions.



When you read a newspaper, do you have to hold it at a distance in order to be able to read the print?	Yes, often	Sometimes	No
Do you have to squint to see objects in the distance?	Yes, often	Sometimes	No
Do you have to cover one eye in order to see things in the distance?	Yes, often	Sometimes	No
At night or in low lighting conditions do you have problems discerning outlines?	Yes, often	Sometimes	No
Do you see colours differently from other people?	Yes, often	Sometimes	No

If many of your answers come under a **red or amber traffic light** you should **get your eyesight checked**.

Powers of sight to check up on periodically

In this picture you can see an example of how reduced ability to perceive contrast can compromise your perception of images.



So, remember to have periodical check-ups for contrast perception in all of the following conditions:

- Close and distant acuity (good vision);
- Good peripheral vision (test your full-field vision);
- Correct perception of depth of field;
- Good night vision;
- Good focus (ability to focus on images placed at different distances);
- Sufficient visual coordination;
- Correct perception of colours.