



The sense of sight... look and see to drive safely.

When driving, our sense of sight plays a key role, and that is why having adequate sight is essential to properly perform the task. Around 90% of the information we receive while driving comes from our sight.

If our ability to see is impaired, we may have trouble seeing traffic signs or other objects on the road, miscalculate the distance to other vehicles, objects, or unexpected situations.



For instance, if a driver has...

- uncorrected farsightedness, he/she may experience visual fatigue and/or drowsiness;
- nearsightedness and astigmatism - distance vision is affected.

Here are a few tips for good vision while driving...

- It is important **to see and to be seen.**
- Wear **sunglasses and prescription glasses** if required.
- Always keep your **windshield and mirrors clean.**
- **Blink with a certain frequency** to maintain your eyes well lubricated.



- **Watch out for any glare** (e.g., tunnels or from other vehicles), as we may take a few seconds until adequate sight is recovered.
- **Speed affects** what we see; at a higher speed, our visual field is decreased. Adjust your speed to road, weather, and traffic conditions.
- **At night, our vision is poorer;** we recommend that you drive at daytime if possible.
- **Taking regular breaks** helps us rest our sight and restore visual attention.
- **We must look and see,** we need to process what we are looking at in our brains in order to see, record, and identify it.



In case you notice your vision has changed or is reduced, please see your doctor. And remember that you must not only look, but also see, be aware of what is going on around you while you drive, perception and attention are essential.

Let us keep treading this path towards safe mobility for everyone.

We are counting on you!

