

## The issue

Our vision can be affected by a range of factors and in turn affect our safety while driving. It is important to know how our vision can be affected and how to minimise the risk.

## 4 factors that influence visual ability



### Visual acuity

A driver's ability to read signs and avoid hazards.



### Visual field

How large an area an individual can see when they are focused on a single and central point.



### Contrast sensitivity

An individual's ability to recognise the differences between shades and patterns.



### Visual processing speed

How quickly an individual can process information and respond.

## Direct vision vs indirect vision

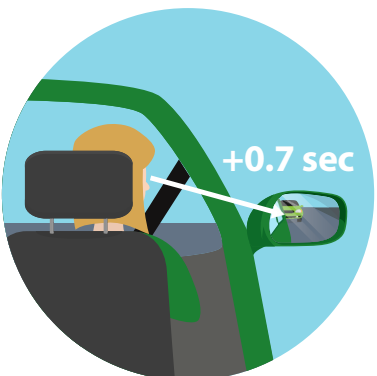
### Direct vision

Driver views objects and road users around their vehicle directly with their own eyes.



### Indirect vision

Driver views objects and road users via indirect means such as rear view mirrors.



Viewing objects or other road users via 'indirect' vision **adds 0.7 seconds** to reaction time; **double if the road user is a pedestrian**.

## Strategies for safer driving



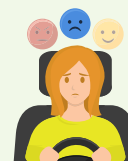
Get eyes checked regularly and wear the right glasses



Direct attention away from emotional stimuli



Visual scanning increases hazard recognition



Don't drive if you're emotional



Slow down and notice what's around you



Increase following distance