

When is it time to stop?

Hearing	Yes	No
• With car windows closed, can you hear siren or horn?		
• Do you hear the sound of your indicators?		
Vision		
• Can you read a car number plate from 20.5m (67f)?		
• Are objects clear and bright?		
• Are you fine with night driving?		
• Can you go out in bright sunlight and see clearly immediately?		
Movement <i>Can you:</i>		
• Turn your head to see over each shoulder?		
• Drive or sit for 30 minutes without fingers, arms, feet or legs becoming tingly?		
• Keep a firm grip on the wheel with both hands, elbows bent and relaxed?		
• Lift your arm high enough to adjust the rearview mirror?		
• Depress the brake pedal with your knee bent?		
• Bend your foot at least 10 degrees?		
• <i>Any NOs? A GP may recommend an eye test or simple exercises.</i>		
Cognitive <i>Do you:</i>		
• Have trouble deciding when to enter moving traffic?		
• Get confused by junctions?		
• Get angry when driving?		
<i>Do you find:</i>		
• Gaps in the traffic harder to judge?		
• Other drivers hoot at you?		
• Vehicles 'appear from nowhere'?		
• Family or friends express concern about your driving?		
In the past year, have you had a traffic ticket or accident?		
<i>Any NOs? Ask a driving instructor for a refresher course and an honest assessment of your skills</i>		

Try South Ayrshire Council road safety section's test to see if you need to take advice about your future on the road.