

Are you, or someone you know, not as confident at driving as you used to be? Whether you're a young driver, or older driver, sometimes assistance is required to be a more confident driver. It may be all you need to be more aware and perhaps drive for longer - don't lose your independence!

**No Exam!
No Test!
Let us give
you advice
to make your
driving easier
- and more
enjoyable!**



The Highway Code has changed over the years, so brush up your knowledge with the latest edition!

Do you go for an annual medical?
If so, why not have an assessment drive afterwards as a driving annual check up? We can help with that assessment with advice to keep you mobile, and independent.

We offer friendly guidance to all ages and abilities: advanced driving, newly passed the test, driving skills and driver help for those who passed many years ago but want to understand more of the road signs and markings we see today. A lot has changed over the years so let us help to bring you up-to-date. Contact any of the numbers overleaf. If we've not listed your area contact the Hull number and we'll put you in touch with someone.

**Be Safe!
Be Sure!
Be up-to-date!**

Road Safety Numbers

If you would like further advice on road safety and driver training, please contact one of the teams below.

**East Riding
(01482) 395 574**

**Hull
(01482) 612 108**

**North Lincolnshire
(01724) 297 346**

**North East Lincolnshire
(01472) 324 487**

Alternatively, you can visit www.saferoadshumber.com for general road safety advice for the Humber region.

Have a safe journey!



HIGHWAYS AGENCY
Safer Roads Humber

Highways Agency Publication Code PR122/09. Crown copyright 2009.

Brush up on your Driving Skills!

Useful information and tips to help you enjoy today's roads.



HIGHWAYS AGENCY

Grow older. And wiser!

Did you know that the skills necessary for safe driving such as vision, reflexes, flexibility and hearing begin to deteriorate around the age of 55, with even a greater loss after 75? Yes, growing older is inevitable. It happens to everyone, but older drivers don't have to take it lying down! A person's chronological age is not a good predictor of driving ability. To be a safe driver, it is essential to pay attention to your own body as it changes and be aware of your limitations. What counts on the road is performance.

Seeing is believing.

Eyes change with age. They lose the ability to focus quickly. Peripheral vision narrows and the retina becomes less sensitive to light. Compensate by getting regular eye exams; if you have trouble with night driving, limit your driving to daytime hours. Turn your head frequently to compensate for diminished peripheral vision. Add a larger rearview mirror. Try and keep distractions to a minimum.

Keep fit to drive.

Fitness is another way to ensure your competence at driving. Physical activity is needed to keep a person strong and flexible for those quick reactions needed while driving. Staying mentally active is a good tool. Keep your mind alert and flexible. Learning a new skill or doing jigsaw puzzles keeps the mind sharp.

Medication and driving.

Medication can impair driving by making the driver drowsy or distracted. Read the fine print on any medication, whether it be an over-the-counter drug or a prescription

medication. You may wish to avoid driving when you first start taking a new medication, as side effects are often worse for the first few days. If any medication makes you feel sleepy or disoriented, don't drive.

Seat belt on?

Don't forget that seat belts must be worn by the driver and any passengers. And children under 1.35m tall (approx 4ft 5ins) or under 12 years of age must use the correct child restraints e.g. car seats and booster seats. It's nice to have the grandchildren for the day but you need to make sure that they are safe in your car. For further information check the Highway Code on www.direct.gov.uk and search for Highway Code.

You've probably improved your wardrobe since you first stepped into a car. How about your driving?

Things to check before setting off...

- Before making your journey, remember **POWDER** - to check over your vehicle.
**Petrol · Oil · Water · Damage
Electrics · Rubber**
- How well do you know your route?
- Do you have an alternative route, should there be a hold-up?
- Have you tried the journey planner at www.transportdirect.info to see if there is an alternative to taking the car?
- Before you go, check on traffic, weather, incidents and road closures. You can find this on Ceefax, Teletext, or online at www.trafficradio.org.uk (also on DAB digital radio) or www.highways.gov.uk - just click on traffic information.

