



Safety, Health and Environment (SHE) Huddle



Huddle Date:	07/03/2022	Ref:	SHE Huddle FY22 013 – Driver Eyesight
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Audience:	Processing	Delivery	Collections	Distribution	PFW	Specific Work Area
	All Drivers					

Overview:	Driver Eyesight
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Message

You need to be able to see clearly when you are driving!

Nobody is going to argue with that ... **but when did you last have your eyesight tested?**

A change in eyesight can be caused by many things, from common eye conditions such as cataracts, to age, or even other underlying medical conditions such as diabetes. Age related deterioration can happen at any age and is very common from the age of 40. A sudden worsening in your eyesight is often the result of a serious underlying health condition that may need to be treated quickly, and you should immediately seek advice from your GP or Optician.

You can protect your vision by maintaining a healthy lifestyle – with a balanced diet, regular exercise and limiting alcohol and smoking; protecting your eyes from UV rays; and getting regular eye tests. Early detection and treatment of eye conditions such as glaucoma, may help to prevent your vision from worsening.

The College of Optometrists recommend eyesight tests every two years, or more often if your optician recommends; but in a survey of 2,000 drivers conducted by Specsavers, 1 in 3 drivers admitted that they had not had an eyesight test in the last 2 years and another survey found that 6% of drivers have never had an eyesight test!

Poor vision affects your ability to recognise hazards and the time it takes you to react. Poor vision causes greater impairment at night including the ability to see pedestrians, road signs or hazards in the road, and glare from oncoming vehicle headlights.

To drive a car or van you must be able to read a number plate from 20 metres. This checks your 'distance acuity' and drivers unable to do so are 15% more likely to be involved in a collision.

The DVLA also have minimum standards for visual acuity of 0.5 decimal (6/12) on the 'Snellen' scale (with glasses/contact lenses if needed), and an adequate field of vision. The standards are even higher if you driver a Bus or Lorry. Drivers with inadequate field of vision are nearly 5 times more likely to be involved in a collision.

If you're found to be driving with inadequate vision, you face up to a £1,000 fine, 3 points on your licence or a potential disqualification from driving. The police can also request to have your licence revoked with immediate effect if they believe you pose a risk to the public.

To test your field of vision, you need to visit an optician, you can't possibly know whether your eyesight meets the standard if you don't.

In the same Specsavers survey, 22% of drivers admitted that they had driven without their glasses/contact lenses. **What would you think of someone who injured you, or someone you know, whilst driving without their glasses?** Always wear correction where needed, and make sure glasses are clean too.



Actions

- 1) Managers brief drivers on the content above
- 2) Drivers have your eyesight checked by an Optician at least every two years, and consult your GP or Optician immediately if you notice a sudden deterioration in your eyesight
- 3) Don't drive without your prescribed glasses/contact lenses

Supporting Information

See supporting information on the Royal Mail screens and Workplace.

Intended Audience: All managers and frontline employees**Managers' Brief**

Your signature below confirms you understand this safety briefing.

Name (Print)	Personnel No.	Signature	Date
Forename, Surname			