



Driving Wellness – Safety Tips

1. Visit your eye care professional at least annually.
2. If possible, make left hand turns where there is a traffic light with an arrow.
3. Three right hand turns can equal one left hand turn.
4. Leave adequate space between you and the car in front of you (a car length for each 10 MPH)
5. Maintain a wide field of vision by using mirrors and turning your head frequently.
6. Limit night driving.
7. If driving at night, avoid looking directly into the headlights of other cars.
8. Changes in light can cause momentary blindness. Be cautious, slow down.
9. Reaction time slows with age, but can be improved by practicing healthy habits.
10. Plan your trips in advance, especially if going to a new destination.
11. If you wear glasses, always use the ones for your current prescription.
12. Schedule your trips and appointments during non-peak hours.
13. Limit driving in bad weather.
14. Avoid driving when stressed or tired.
15. Avoid distractions (such as unnecessary conversations or a loud radio).
16. If you need to be somewhere at a certain time, try to allow extra time to get there.

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