



Maintain eye health for optimal safe driving

Your eyes are your greatest source of information about your world. And taking care of your eyes is one of the best things you can do for yourself. As a truck driver, your vision is incredibly important for not only your safety, but also the safety of others. When you're driving, your field of vision is varied. You must look far ahead, read your instruments, be aware of your side vision, and distinguish colors. Because healthy vision is critical to your job, we recommend you have a yearly eye exam.

In addition to your routine eye exams, here are some additional considerations for proper vision while driving:

GLASSES AND CONTACT LENSES

If you wear glasses or contact lenses, you should have an extra pair with you whenever you're driving. Make sure your vision prescriptions are current.

DEPTH PERCEPTION

Depth perception—your ability to judge distances—requires both eyes working together. If one eye is weak or impaired, depth perception lessens, so increase following distances and be aware your backing skills may be affected.

NIGHT DRIVING

At night, your ability to see is reduced. Colors can be harder to distinguish and objects can become harder to see. Oncoming headlights cause the pupil of the eye to constrict quickly and reopen slowly, much like going into a movie theater. As a result, your vision is briefly impaired. Avoid looking into oncoming lights and instead, look to the right side of the road, aligned with the fog line.

AGE

Vision changes occur most noticeably as we grow older, but routine eye exams and proper eye care can reduce the effects of aging eyes.

SUNLIGHT

One of the leading causes of eye damage is exposure to UV radiation or sunlight. Avoid driving at sunset or sunrise if possible, and wear high-quality sunglasses with gray, green, or brown lenses.



WINDOWS AND MIRRORS

Just as a properly fitted pair of glasses is an extension of your eyes, so too are the windshield and your mirrors. You wouldn't drive with dirty or cracked glasses, so you shouldn't drive with dirty or cracked windows or mirrors.

Overall health plays a big role in eye health. Drivers with diabetes can develop eye disease, which can cause vision problems and eventually blindness if not treated. Smoking can also negatively impact your eyes. Have routine eye exams and follow doctor recommendations. Finally, avoid overall fatigue by getting enough sleep. Your ability to operate your truck safely depends on you being alert and your eyes rested.

For additional information on driver wellness or other safety topics, contact your regional safety consultant. You can also view safety resources on our online customer portal, Sentry Connect[®], by visiting sentry.com.

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