

West Dartmoor U3A

Meeting Report for June 2021	Prepared by: Mike Inman
Speaker: Mike Hull	Subject: Driving safer for longer

WDU3a met on Zoom to hear a talk from Mike Hull, a qualified driving trainer, on the topic of “Driving safer for longer”.

Mike reminded us that as we had been driving less during the pandemic, there were various points we should consider as time goes by and we should all keep an eye on the Highway Code.

Health and Eyesight. We all have a duty to report any changes in our health status to the DVLA (Tel: 0300 790 6806) if we have suffered from a heart attack, or vision problems, strokes or fits and DVLA will be in touch with our GP. We should be able to read a standardised number plate in good light at 20 metres, with specs if you need them. If in doubt, you may need to see a specialist ophthalmologist.

Medication, Drugs and Alcohol. We may be prescribed drugs by the doctor which may make us drowsy, we should always look at the information sheet or ask the doctor or pharmacist. Alcoholic drinks have become larger, and the only safe limit for driving is zero units.

Think about the vehicle that you drive - POWER.

- **P** is for petrol or diesel, make sure you have enough
- **O** is for oil for the engine
- **W** is for water for radiator and windscreen washers
- **E** for the electrics, is your battery in good order?
- **R** is for rubber on your tyres and windscreen wipers.

Documents. Are your documents up to date? There are no reminders for the MOT, unless you sign up for one. Driving licences expire at 70, and photos only last for 10 years.

Other modes of transport. Pre-pandemic we were all encouraged to use buses and trains, now we are encouraged to cycle or walk. Do look out for cyclists with no lights.

Mike Hull, then answered questions from the zoom audience on various topics, including eyesight tests in poor lighting; the Highway Code states, “in good day light”.

- Yellow signs with arrows and diamonds are usually direction signs.
- At mini roundabouts, we should not drive on the painted circle, unless we have no alternative. We can cross the solid white line when passing a very-slow vehicle, but only when we can see it is safe to do so.
- And finally, how to contact the DVLA, if telephoning doesn't work - *An old-fashioned letter may be the best way!*

The Chairman thanked Mike for the talk, and wished everybody, “**Safe Driving**”