



Driving Advice

If you are a vehicle driver, or a motorcyclist, you need to be aware of the possible consequences of your injury. Some of this guidance may also apply to those who ride bicycles, tricycles, or use mobility vehicles.

It is your responsibility to ensure that you are fit to drive/ride, and you are accountable for your actions and decisions when driving/riding.

Things you should do	Why?
Be in full control of your car/motorbike.	If you are involved in an accident or stopped by the police, you may be asked to prove you are in full control.
Be fit enough to drive/ride safely Rule 90 Make sure that you are fit to drive. You MUST report to the Driver and Vehicle Licensing Agency (DVLA) any health condition likely to affect your driving.	<ul style="list-style-type: none"> • Reduced use of an arm or leg or hand or pain because of an injury may invalidate your motor insurance. It is illegal to drive without valid insurance, so you should discuss your injury with your insurance company. • Pain relief or other medication you are taking for the injury may affect your ability to think clearly or your reaction time. If so, you should not drive/ride your vehicle. Rule 96: You MUST NOT drive under the influence of drugs or medicine. For medicines, check with your doctor or pharmacist and do not drive if you are advised that you may be impaired. • Being unable to sleep at night due to your injury can affect your co-ordination
Wait until your fracture clinic or ED follow up appointment if you have (or suspected) a fracture	A plaster cast or splint will reduce your range of movement. Pain may also reduce your grip. You will need to assess your movement prior to driving/riding. You are advised to wait until your follow up before driving/riding.
If you drive an HGV or a PSV e.g. a bus or train.	The rules may be stricter for you. Inform your employer of your injury and ask for advice from the DVLA.
Make sure you aren't tired. Section 91 of the Highway Code states:	If you feel tired and sleepy (some pain killers may make you drowsy), you should not drive/ride until you are rested.

'Driving when you are tired greatly increases your risk of collision.'	When assessing your fitness to drive, please consider any medication you are taking. Is it affecting your ability to think clearly or your reaction time should an emergency arise? If either is reduced, you should not drive or ride your vehicle.
Check your eyesight – You must also meet the minimum eyesight standard for driving - This is with glasses or contact lenses, if necessary, using both eyes together or, if you have sight in one eye only, in that eye. Any concerns regarding eyesight, check with an optician please.	<p>People driving with poor or impaired vision may pose a danger to other road users and themselves. For drivers and motorcyclist, you must be able to read a standard size number plate from a distance of 20 metres. If you need to wear glasses or contact lenses to do this you must always wear them while driving.</p> <p>You must also have a visual acuity of at least decimal <u>0.5 (6/12)</u> measured on the Snellen scale. If you don't meet this standard you can't drive/ride on a public road. There are stricter rules for lorry and bus drivers. You should not drive/ride at all if you are wearing an eye pad.</p>
Do I need to tell the DVLA about broken limbs?	You don't need to tell Driver and Vehicle Licensing Agency (DVLA) if you have broken limbs unless your injury is expected to last more than 3 months.

The links below will help you check your condition and DVLA recommendations:

- Check if a health condition affects your driving: Overview - GOV.UK
- Check if a health condition affects your driving: Find your condition on the A to Z list - GOV.UK

If you are unsure whether you can drive safely - contact DVLA

If you are concerned about your progress, or if you have not improved within 10 days, we advise you to contact your GP or return to the Emergency Department/MIU where you were seen.

References:

The Highway Code - Rules for drivers and motorcyclists (89 to 102) - Guidance - GOV.UK (www.gov.uk)

Driving eyesight rules - GOV.UK

If you are at all concerned about your injury, please contact the relevant Emergency Department - Grange University Hospital: 01633 493287 or Minor Injury Unit (MIU):

Royal Gwent Hospital (RGH) MIU: 01633 234056

Nevill Hall Hospital (NHH) MIU: 01873 732073

Ysbyty Ystrad Fawr (YYF) MIU 01443 802353

Ysbyty Aneurin Bevan (YAB) MIU: 01495 363318