

**TASK  
1**

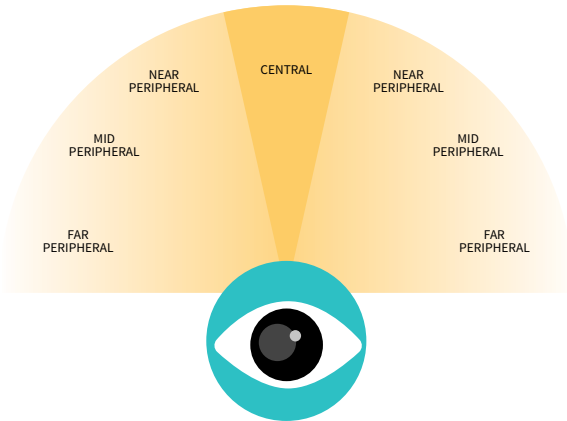
# KEEPING AN EYE ON THINGS

**Peripheral vision**

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**The part of your vision that occurs outside the very centre of your gaze**

Peripheral vision is what allows you to see objects all around you without turning your head or moving your eyes. Sometimes you only 'detect motion' but even this is very important when you are driving as it could identify a potential hazard.



## STOP & THINK

1 What are four things that, as a driver, you need to be aware of in your peripheral vision?

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2 It is more difficult to see things at night and your peripheral vision may not be as helpful. List four night time driving tips.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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## ON YOUR NEXT TRIP...

- Practise using your peripheral vision to notice what's happening in front of the car and to the sides as well.
- See how many vehicles, road signs and signals you can spot using your peripheral vision.
- Watch your driver. How do they react to things in their peripheral vision?



**As a driver you will need to learn how to use your peripheral vision well so that you become aware of as much surrounding activity on and off the road as possible.**



## ASK YOUR DRIVER TO SHARE WITH YOU...

- Some of the things they saw in their peripheral vision while driving.
- How they use their peripheral vision when driving.
- How they use their mirrors and over-shoulder checks to see what is happening behind and at the side of their vehicle.
- What a blind spot is.
- What else they do to help keep track of what is going on around their vehicle when driving.



## TAKE-HOME MESSAGE

**Now that you know what your peripheral vision is and why it is so important for safe driving, every time you are in a car, practise using your peripheral vision to notice what's happening in front and to the sides of the car.**