DRIVER SAFETY SELF-ASSESSMENT CHECKLIST





I get lost while driving.
My friends or family members say they are worried about my driving.
Other cars seem to appear from nowhere.
I have trouble finding and reading signs in time to respond to them.
Other drivers drive too fast.
Other drivers often honk at me.
I feel uncomfortable, nervous, or fearful while driving.
After driving, I feel tired.
I feel sleepy when I drive.
I have had some "near-misses" lately.
Busy intersections bother me.
Left-hand turns make me nervous.
The glare from oncoming headlights bothers me.
My medication makes me dizzy or drowsy.
I have trouble turning the steering wheel.
I have trouble pushing down the foot pedal.
I have trouble looking over my shoulder when I back up.
I have been stopped by the police for my driving.
People no longer will accept rides from me.
I have difficulty backing up.
I have had crashes that were my fault in the past year.
I am too cautious when driving.
I sometimes forget to use my mirrors or signals.
I sometimes forget to check for oncoming traffic.
I have more trouble parking lately.

MEDICATIONS AND SAFE DRIVING SAFE PRACTICES

Here are some good practice suggestions for safe driving and taking medications from the National Highway Traffic Safety Administration.

- If you are taking a new medication or a new dose of your regular medication, take the first dose in a safe environment to determine if you have a reaction and the extent of any side effects. Don't drive until the body has adjusted to the medication.
- Ask your doctor or pharmacist if any of your medications cause side effects such as drowsiness, forgetfulness or euphoria (pleasant excitement).
- Ask if your doctor recommends testing your reaction times or a driving evaluation before and after you start taking the medication. This testing can determine how much the medication harms your driving ability and at what level you are still a safe driver. Ask your physician about changing doses and timing of medications.
- Once a year, review your prescription medications, over-the-counter drugs, supplements and herbals with your physician or pharmacist.
- Ask your doctor or pharmacist if alcohol increases the strength of your medications and if this reaction can seriously affect your ability to be a safe driver.
- Monitor yourself. Learn how your body reacts to medications and supplements by keeping track how you feel after you take the medication and how long any reaction lasts.

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