

## Driving Condition/Restriction Options Information Sheet

Some drivers are required to carry a medical certificate when driving. This may be due to their age or if they have certain medical conditions. After assessing a person's medical fitness to drive, health professionals can place driving conditions/restrictions on the medical certificate. This is to optimise driver independence while balancing driver and public safety. The driving conditions/restrictions may be imposed as a condition code on the licence, such as "A" for automatic transmission or "S" for corrective lenses, or as a restriction detailed on the medical certificate.

Health professionals consider a person's medical conditions, age and general health when deciding on appropriate conditions/restrictions. The national guidelines, *Assessing Fitness to Drive for Commercial and Private Vehicle Drivers (2012)* [<http://www.austroads.com.au/assessing-fitness-to-drive/>] provides some guidance regarding driving conditions/restrictions. Some examples of possible driving conditions/restrictions for different health conditions/situations may include:

Examples of conditions/situation	Examples of possible driving conditions/restrictions
Diabetes Mellitus	Must not drive if blood glucose is less than 5 mmol/L; must self monitor blood glucose levels before driving and every two hours during a journey, as reasonably practical; must carry adequate glucose in the vehicle for self treatment
Short stature	Built-up seat and extended pedals
Short leg/s	Extended pedals
Left leg disability / left arm disability	Automatic transmission
Reduced upper limb strength	Power steering required; steering knob with hand-operated controls
Reduced lower limb strength	Power brakes required
Loss of leg function	Hand-operated controls
Loss of limb function / limb deficient	Prosthesis must be worn
Reduction in head/torso movement	Vehicle fitted with two external rear-view mirrors and other devices as required to assist external visual surveillance and recognition of emergency vehicles (e.g. additional wide-angle internal mirror)
Spinal cord injury (above T12)	Not to drive when temperature more than 25° C unless vehicle air conditioned
Deafness, both ears (commercial drivers)	Vehicle fitted with two external rear-view mirrors and other devices as required to assist external visual surveillance and recognition of emergency vehicles (e.g. additional wide-angle internal mirror)
Eyesight deficiency	Prescribed corrective lenses must be worn
Night blindness	Driving in daylight hours only
Age-associated deteriorations (e.g. attention)	Only drive during off-peak times; only drive within a 20 km radius of place of residence; only driving in daylight hours; no driving on freeways or motorways; no driving more than 2 hours in any 24 hour period