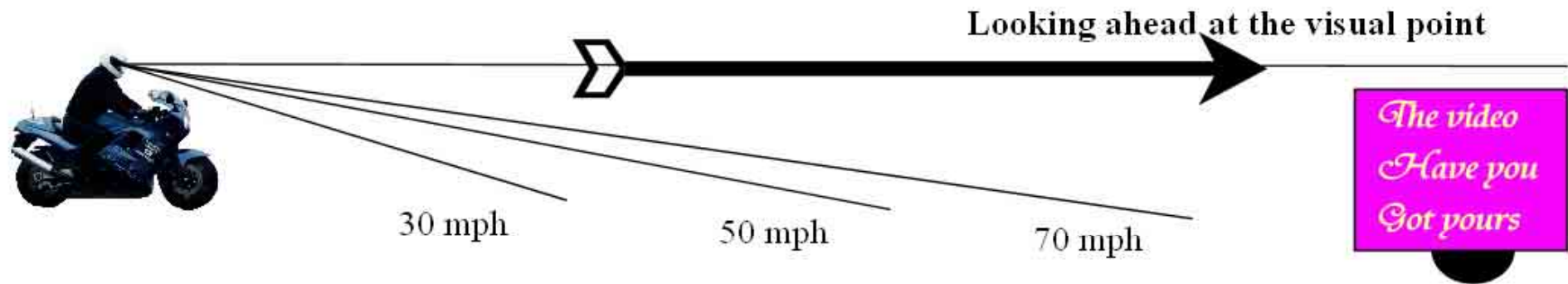


## Without thinking about it your eyes will automatically adjust with the speed you feel you are traveling at

Raising your eyes and using the Visual point will enable you to plan and anticipate. Concentration is all important



As speed increases our eyes adjust **automatically**, as we decrease speed the shorter our view will be. You must think about searching ahead because if you do not your eyes will drop **automatically**. This is without doubt a major cause of accidents.

The visual point trains your eyes to look to the farthest point and it will give you vital information, enabling you to plan and react to features ahead. You might think that by looking far into the distance you would not see the vehicles, pedal cycles or pedestrians in front of you, either slowing down, crossing the road or closing with you. Take it from me, when looking up you will be aware of all that is happening around you with your peripheral vision.