



Driving and your health - Think about it!

Maintaining your health is just like maintaining a vehicle – regular care and maintenance pays off in the long run.

For more information about driving and your health and the revised driver medical standards:

- speak to the responsible person at your workplace
- speak to your local doctor
- visit the National Transport Commission website www.ntc.gov.au or the Austroads website www.austroads.com.au



Driving AND YOUR
Health