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How Driver Health Checks and Behaviour Programs Support Road Safety

Our Friends · Thursday, August 13th, 2026

A letter from your licensing authority or an email from your employer may require you to book a medical assessment or complete a behaviour program before driving again. Although the process can feel inconvenient, it helps identify health and behaviour risks that could affect road safety. Here is what these checks and programs involve in Australia, when they may apply, and how to prepare.

What a driver health check involves

The purpose in plain English

Australia uses a national set of medical guidelines called Assessing Fitness to Drive. Health professionals use these guidelines to assess whether a medical condition, disability or treatment could affect someone's ability to drive safely.

The health professional conducts the assessment and provides medical information. The relevant state or territory licensing authority generally makes the final decision about the person's licence, including whether any conditions or review periods should apply.

What the check usually covers

- Vision, including peripheral vision and the ability to see in low light
- Heart health and blood pressure
- Diabetes management, when relevant
- Sleep apnoea and daytime tiredness
- Neurological conditions such as epilepsy or the effects of a stroke
- Medications that may cause drowsiness or slower reactions
- Functional abilities such as movement, strength and hearing

When stricter standards apply

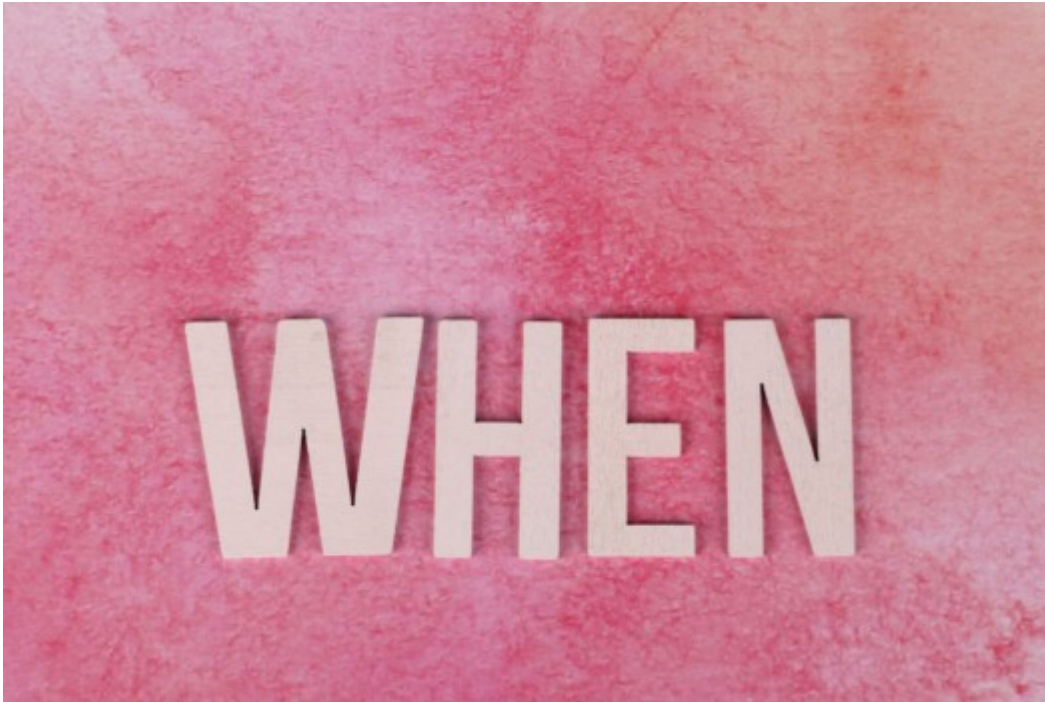


Photo: Ann H via Pexels

Clinics that regularly conduct these assessments can explain what the appointment includes. **Safework Health**, for example, provides structured commercial driver medical assessments based on the national guidelines, with workplace delivery available in some circumstances. People looking for commercial driver medical services with Safework Health or another Australian provider should confirm which forms are required and how results will be submitted. Further tests or specialist reports may extend the process.

Reporting a health condition to your licensing authority



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Drivers are generally responsible for reporting medical conditions that could affect safe driving. The exact rules, forms and time limits depend on the state or territory.

How it works in New South Wales

In New South Wales, drivers must notify Transport for NSW if a medical condition, injury or surgery could affect their ability to drive safely. Commercial applicants may also have specific timing requirements. For example, a Bus Driver Authority applicant may need a commercial medical completed within the required application period. Because these details can change, check the current instructions before arranging the assessment.

How it works in Queensland

Queensland drivers must report permanent or long-term medical conditions that are likely to affect safe driving. Failing to report a relevant condition can lead to substantial penalties or licence action. Drivers should review the current Queensland requirements rather than relying on advice given for another state.

A health professional may also recommend that you stop driving while a condition is investigated or treated. That advice covers everyday trips as well as any planned **long-distance driving**. Follow it and contact the licensing authority if you are unsure about your obligations.

When behaviour programs are required for relicensing

Behaviour programs are intended to address the decisions and habits linked to serious driving offences. They do not replace penalties, but they may form part of the process for becoming eligible to drive again.

Victoria's Behaviour Change Programs

Victoria may require a Behaviour Change Program after drink-driving, drug-driving or combined alcohol and drug offences. Programs may also apply to other serious motor vehicle offences involving alcohol or drugs. The available streams include Drink, Drug and Intensive programs. Each has different participation requirements, and successful completion provides a certificate used during the relicensing process.

Book the program named in your relicensing letter, rather than choosing a stream based on its schedule or price. Arrow Health is one VicRoads-approved provider and publishes information about the available streams and fees. A person directed to complete a Drink stream can book a VicRoads drink driving course with Arrow Health or another approved provider. Keep the completion certificate with your relicensing documents.

How to prepare for an assessment or program

Before a medical appointment

- Bring your glasses or contact lenses, even if you wear them only occasionally.
- Prepare a list of medications and doses, including non-prescription products.
- Collect relevant specialist letters and recent test results, such as CPAP usage data.
- Take your previous medical certificate if you have one.
- Allow time for follow-up tests or specialist referrals.

If your employer arranges the booking through Safework Health or another provider, confirm the licence class or driving authority covered by the assessment. Using the wrong form may mean returning for another appointment.

Before a behaviour program



Photo: cottonbro studio via Pexels

- Read your relicensing letter and confirm the required program stream.
- Book early because session dates and places may be limited.
- Check attendance, identification and participation requirements in advance.
- Arrive on time and take part in the discussions and activities.
- Keep copies of your booking and completion documents.

Before booking with Arrow Health or any other approved provider, check that the course matches the wording in your letter. Completing a program supports a relicensing application, but it does not guarantee that a licence will be restored. Other conditions, such as an alcohol interlock or medical review, may still apply. If your letter requires the Drink stream, you can **complete your VicRoads drink driving course today** with a VicRoads-approved provider listed in that letter.

A practical road safety measure

Medical checks and behaviour programs are designed to manage identifiable risks, not to catch drivers out. They can help a person continue driving safely, return to driving with appropriate conditions, or recognise when treatment or further assessment is needed.

Report relevant changes in your health, use an approved provider and follow the instructions issued by your licensing authority. Because rules and timelines vary across Australia, confirm current requirements before booking or submitting an application.

Frequently asked questions

Who decides whether I am fit to drive?

A health professional assesses you against the applicable medical guidelines and provides medical information. Your state or territory licensing authority generally decides what happens to your licence, including whether conditions or review periods apply.

Do I need a special medical assessment for bus or truck work?

Usually, many commercial drivers must meet higher medical criteria than private drivers. The assessment type and review schedule depend on your licence, driving authority and location.

What happens if I do not report a serious medical condition?

The consequences vary by jurisdiction and may include fines, licence suspension or cancellation. Not reporting a condition could also affect insurance or legal responsibility after a crash. Contact your licensing authority if you are unsure whether a condition must be reported.

Does completing a behaviour program automatically restore my licence?

No. The completion certificate is one part of the relicensing process. The licensing authority still reviews the application, and additional requirements may apply before you can drive again.

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