



INSTRUCTIONS

Thank you for purchasing the Vigilance Test Software Training Tool from How2become.

USING THE TOOL

When you initially load up the Vigilance Test you are presented with 3 different time options, 2 minutes, 3 minutes and 7 minutes. Select one of these to begin the test for that particular given duration.

Once the test begins, you will be presented with a grey box and a green button. You must press this button every time that you see the grey box turn darker. You have to react quickly to this change as the box will only stay dark for a short period of time. If you successfully react to the change then the box will flash green, if not the box will flash red. Keep playing the test until the time is up.

Throughout your test a percentage score is kept based on your successful reactions. You need to score 90% or more to pass. The difficulty of the test automatically changes throughout. For example the time it takes for the box to turn darker may take 2 seconds or it could take 15 – stay alert! Also the time you have available to react to the box turning darker also varies.

Audio Mode

You will notice there is also an option called 'Audio Mode'. This option allows you to undertake the auditory version of the test where instead of reacting to a visual change, where the box gets darker, you have to react to an audio beep. This works exactly the same way as the standard test except you will not see the grey box turn darker, you will only hear a beep. You will however see the box turn red/green depending on whether or not you reacted successfully.

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