

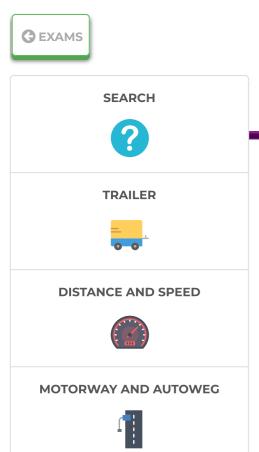
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THEORY BOOK CBR DRIVING TEST

Learn for the CBR driving theory exam with the English car theory book and test your knowledge with the practice exams!





DRIVER

New driver



A new driver first receives a beginner's licence. If driving licence B is your first driving licence, you will be considered a



new driver for 5 years. New drivers are generally more often involved in traffic accidents. A beginner's licence is just like a normal driver's licence, but with a stricter penalty point system. The purpose of a beginner's licence is to reduce the number of accidents.

DRIVER



ECODRIVING



NUMBERS AND FACTS

Driving under the influence

Alcohol, drugs and some medicines have a negative influence on your ability to drive. You are not allowed to drive if you are under the influence of a substance that can impair your ability to drive. Driving under the influence is a criminal offence. You are punishable if you are under the influence of a substance which you know or can reasonably know can influence the driving ability.



BEHAVIOUR



HAZARD PERCEPTION



YOUR CAR



MANOEUVRES



ACCIDENTS AND BREAKDOWNS



SITUATIONS



STOPPING AND PARKING



TECHNICAL



THEORY EXAM



OVERHANGING LOAD



Alcohol

accident.

glass of alcohol.

It is best to not drink any alcohol at all when you want to drive. Every amount of alcohol impairs your ability to drive. Alcohol reduces your ability to drive safely because it affects your coordination, reflexes, vision and judgement. This significantly increases the risk of an



• For a new driver, an alcohol limit of only 0.2 milligrams per millilitre of blood (0.2 per mille) or 88 micrograms of alcohol per litre of exhaled air applies. You can already be over the limit by drinking one standard

- For an experienced driver, a limit of 0.5 milligrams of alcohol per millilitre of blood (0.5 per mille) or 220 micrograms of alcohol per litre of exhaled air applies. This is equivalent to about two standard glasses of alcohol
- The alcohol limit applies to all drivers, including cyclists and moped riders.
- Each type of alcoholic beverage has its own standard glass. A standard glass of beer (250 ml) contains about the same amount of alcohol as a standard glass of wine (100 ml) and a standard glass of liquor (35 ml).
- A standard glass of alcohol, depending on the weight of the person, leads to an alcohol level of 0.2 to 0.3.
- Breaking down one standard glass of alcohol takes about 1 to 1.5 hours.
- A standard glass of alcohol contains about 10 grams of pure alcohol.
- The liver breaks down alcohol at a rate of about 7 to 10 grams per hour.
- Driving under the influence of alcohol is not a violation but a crime. A criminal offence is more severe than a violation.



TRAFFIC MARKS



LIGHTING



PRIORITY



ROADS AND ROAD SECTIONS



ROAD USERS



1 434/



TRAFFIC SIGNS



DEFINITIONS

- your responsiveness and concentration decreases
- your field of view becomes smaller, this is called the tunnel effect
- you think you're still able to drive, you become overconfident

After drinking 2 glasses of alcohol, the chance of an accident increases by 40%!

Tunnel Effect

One of the effects that arise after consuming alcohol is a reduction in the field of vision, which is called the tunnel effect. This is caused by weakening of the eye muscles because of the narcotic effect of alcohol.

Getting alcohol out of your system faster

Unfortunately, you cannot speed up the metabolism of alcohol. Not by exercising, drinking coffee, eating or anything else. It takes about 1 to 1.5 hours before a glass of alcohol is broken down.

By eating enough beforehand, alcohol is absorbed less quickly. And because alcohol has a dehydrating effect, it is wise to drink enough non-alcoholic drinks to stay hydrated. This also helps against a hangover.

Drugs

It is prohibited to participate in traffic under the influence of drugs. In July





the quantity and the person. There is a zero limit for combining alcohol.

Medication

You must not participate in traffic if you have used medication 1 on your driving ability. When a medicine has a negative influence indicated with a yellow sticker. So be careful with medication w packaging. Read the package leaflet and possibly ask the pharm

> DIT GENEESMIDDEL KAN HET I AKTIEVERMOGEN VERMINDER (autorijden-bedienen van machir spelen op straat) Pas op met alco

"This medicine can reduce the ability to react. (driving a playing on the street). Watch out with alcohol!"

Tip: check the website rijveiligmetmedicijnen.nl for info

Traffic insight

Traffic insight is the ability and insight to be able to respond to situations and to predict how traffic situations can develop. Tra insight is necessary too be able to participate in traffic safely. The safety is necessary too be able to participate in traffic safely. people, the road, the surroundings, the vehicle and the weather conditions can all influence your traffic insight. A driver with gc difficult traffic situations and takes into account possible mista



Holding or using a mobile phone wh driving

While driving you must keep your attention on the traffic. It is i hold your phone at any time while driving or riding a vehicle. The applies to other mobile electronic devices such as a navigation player. You are allowed to hold and use a mobile phone if, for ex in a parking lot, a traffic jam or in front of an open bridge.

Navigation system

You can save fuel by planning the shortest or most efficient rou navigation system. It is important that the system is up-to-date with a navigation system can ease the driving task. Drivers with navigation system generally drive with less stress and mental e

Operating a navigation system can take your attention away from that you set the navigation before you leave.

Polder blindness

When you drive for a long time through a monotonous landscal blindness. You receive few stimuli when you drive for a long tim monotonous landscape (such as a polder landscape). This can le concentration. Polder blindness can be very dangerous when so happens that you have to react to quickly.





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FAQ

Frequently asked questions

SOCIAL MEDIA

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ABOUT US

Our learning program makes practicing for the driving theory test a lot more fun!

PAYMENT METHODS















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