

Rules for drivers and motorcyclists (89 to 102)

Rules for drivers and motorcyclists, including vehicle condition, fitness to drive, alcohol and drugs, what to do before setting off, vehicle towing and loading, and seat belts and child restraints.

Vehicle condition (rule 89)

Rule 89

Vehicle condition. You **MUST** ensure your vehicle and trailer comply with the full requirements of the Road Vehicles (Construction and Use) Regulations and Road Vehicles Lighting Regulations (see '[The road user and the law](#)').

Fitness to drive (rules 90 to 94)

Rule 90

Make sure that **you are fit to drive**. You **MUST** report to the Driver and Vehicle Licensing Agency (DVLA) any health condition likely to affect your driving.

Law [RTA 1988 sect 94](#)

Rule 91

Driving **when you are tired** greatly **increases your risk of collision**. To minimise this risk

- make sure you are fit to drive. Do not begin a journey if you are tired. Get sufficient sleep before embarking on a long journey
- **avoid** undertaking long journeys **between midnight and 6 am**, when natural alertness is at a minimum
- plan your journey to take sufficient breaks. A minimum **break of at least 15 minutes after every two hours** of driving is recommended
- if you feel sleepy, stop in a safe place. Do not stop in an **emergency area or on a hard shoulder of a motorway**

(see [Rule 262](#) for guidance on places to take a break when travelling on motorways).

Rule 92

Vision. You **MUST** be able to read a vehicle number plate, in good daylight, from a distance of 20 metres (or 20.5 metres where the old style number plate is used). If you need to wear glasses (or contact lenses) to do this, you **MUST** wear them at all times while driving. The police have the power to require a driver to undertake an eyesight test.

Laws [RTA 1988 sect 96](#), & [MV\(DL\)R reg 40 & sched 8](#)

Rule 93

Slow down, and if necessary stop, if you are dazzled by bright sunlight.

Rule 94

At night or in poor visibility, do not use tinted glasses, lenses or visors if they restrict your vision.

Alcohol and drugs (rules 95 to 96)

Rule 95

Do not drink and drive as it will seriously affect your judgement and abilities.

In England and Wales you **MUST NOT** drive with a breath alcohol level higher than 35 microgrammes/100 millilitres of breath or a blood alcohol level of more than 80 milligrammes/100 millilitres of blood.

In Scotland the legal limits are lower. You **MUST NOT** drive with a breath alcohol level higher than 22 microgrammes/100

millilitres of breath or a blood alcohol level of more than 50 milligrammes/100 millilitres of blood.

Alcohol will

- give a false sense of confidence
- reduce co-ordination and slow down reactions
- affect judgement of speed, distance and risk
- reduce your driving ability, even if you're below the legal limit
- take time to leave your body; you may be unfit to drive in the evening after drinking at lunchtime, or in the morning after drinking the previous evening.

The best solution is not to drink at all when planning to drive because any amount of alcohol affects your ability to drive safely. If you are going to drink, arrange another means of transport.

Laws [RTA 1988 sects 4, 5 & 11\(2\)](#), & [PLSR](#)

Rule 96

You **MUST NOT** drive under the influence of drugs or medicine. For medicines, check with your doctor or pharmacist and do not drive if you are advised that you may be impaired.

You **MUST NOT** drive if you have illegal drugs or certain medicines in your blood above specified limits. It is highly dangerous so never take illegal drugs if you intend to drive; the effects are unpredictable, but can be even more severe than alcohol and result in fatal or serious road crashes. Illegal drugs have been specified at very low levels so even small amounts of use could be above the specified limits. The limits for certain medicines have been specified at higher levels, above the levels generally found in the blood of patients who have taken normal therapeutic doses. If you are found to have a

concentration of a drug above its specified limit in your blood because you have been prescribed or legitimately supplied a particularly high dose of medicine, then you can raise a statutory medical defence, provided your driving was not impaired by the medicine you are taking.

Law RTA 1988 sects 4 & 5

Before setting off (rule 97)

Rule 97

Before setting off. You **MUST** ensure that

- you have a valid licence and insurance to drive the vehicle you intend to use (see [Motor vehicle documentation and learner driver requirements](#))
- your vehicle is legal and roadworthy (see [Motor vehicle documentation and learner driver requirements](#) and [Vehicle maintenance, safety and security](#) for important vehicle maintenance and safety checks).

You **SHOULD** ensure that

- you have planned your route and allowed sufficient time for breaks and possible delays
- you have sufficient fuel or charge for your journey, especially if it includes motorway driving
- you know where all the controls are and how to use them
- clothing and footwear do not prevent you using the controls in the correct manner
- your mirrors and seat are adjusted correctly to ensure comfort, full control and maximum vision
- head restraints are properly adjusted to reduce the risk of neck and spine injuries in the event of a collision.

It is recommended for emergency use that

- you have a mobile telephone containing emergency contacts (e.g. breakdown assistance)
- you have high-visibility clothing.

Laws [RTA 1988 sects](#)

[42](#), [45](#), [47](#), [49](#), [53](#), [87](#), [99\(4\)](#) & [143](#), [MV\(DL\)R req](#)
[16](#), [40](#) & [sched 4](#), [VERA sect 29](#), [RVLR 1989 regs 23](#) & [27](#),
& [CUR regs 27](#), [30](#), [32](#) & [61](#)



Rule 97: Make sure head restraints are properly adjusted

Vehicle towing and loading (rule 98)

Rule 98

Before towing. As a driver

- you **MUST NOT** tow more than your licence permits. If you passed your car driving test on or after 1 January 1997, you are restricted on the weight of trailer you can tow

- you **MUST** ensure that both your vehicle and your trailer are in a roadworthy condition. This includes checking that all tyres are legal, the trailer braking system is in full working order and all trailer lights are working correctly
- you **MUST NOT** overload your vehicle or trailer. You should not tow a weight greater than that recommended by the manufacturer of your vehicle
- you should distribute the weight in your caravan or trailer evenly with heavy items over the axle(s) and ensure a downward load on the tow ball. The manufacturer's recommended weight and tow ball load should not be exceeded. This should minimise the possibility of swerving or snaking and loss of control
- you **MUST** secure your load and it **MUST NOT** stick out dangerously. Make sure any heavy or sharp objects and any animals are secured safely. If there is a collision, they might hit someone inside the vehicle and cause serious injury
- if your vehicle is narrower than your trailer or load, or your trailer or load obstructs your rearward view, then towing mirrors **MUST** be used
- your trailer **MUST** be fitted with a secondary coupling device, such as a safety chain
- carrying a load or pulling a trailer may require you to adjust your headlights.

During towing. As a driver

- you should be aware that reduced speed limits apply (see [Rule 124](#))
- you should be aware that your stopping distance may increase significantly when towing (see [Rule 126](#))
- you **MUST NOT** drive in the right-hand lane on motorways with three or more lanes (see [Rule 265](#))
- if the trailer starts to swerve or snake, or you lose control, ease off the accelerator and reduce speed gently to regain control. Do not brake harshly.

Breakdowns. In the event of a breakdown, be aware

- that towing a vehicle on a tow rope is potentially dangerous. You should consider using a solid tow bar or professional recovery
- it may take longer to build up speed when rejoining a carriageway (see also [Rule 278](#)).

For additional advice about towing safely, see [Further reading](#).

Laws [CUR regs 27, 33, 86a & 100, RVLR reg 18, MT\(E&W\)R reg 12 & MV\(DL\)R reg 6, 7, 76 & sched 2](#)

Seat belts and child restraints (rules 99 to 102)

Rule 99

You **MUST** wear a seat belt in cars, vans and other goods vehicles if one is fitted (see table below). Adults, and children aged 14 years and over, **MUST** use a seat belt or child restraint, where fitted, when seated in minibuses, buses and coaches. Exemptions are allowed for the holders of medical exemption certificates and those making deliveries or collections in goods vehicles when travelling less than 50 metres (approx 162 feet).

Laws RTA 1988 sects

14 & 15, MV(WSB)R, MV(WSBCFS)R & MV(WSB)(A)R 2005 & 2006

Seat belt requirements. This table summarises the main legal requirements for wearing seat belts in cars, vans and other goods vehicles.

	Front seat	Rear seat	Who is responsible ?
Driver	Seat belt MUST be worn if fitted	-	Driver
Child under 3 years of age	Correct child restraint MUST be used	Correct child restraint MUST be used. If one is not available in a taxi, may travel unrestrained.	Driver
Child from 3rd birthday up to 1.35 metres in height (or 12th birthday, whichever)	Correct child restraint MUST be used	Correct child restraint MUST be used where seat belts fitted. MUST use adult belt if correct child restraint is not available in a	Driver

Front seat	Rear seat	Who is responsible ?
they reach first)	licensed taxi or private hire vehicle, or for reasons of unexpected necessity over a short distance, or if two occupied restraints prevent fitment of a third.	
Child over 1.35 metres (approx 4ft 5ins) in height or 12 or 13 years	Seat belt MUST be worn if available	Seat belt MUST be worn if available
Adult passengers aged 14 and over	Seat belt MUST be worn if available	Passenger

Rule 100

The driver **MUST** ensure that all children under 14 years of age in cars, vans and other goods vehicles wear seat belts or sit in an approved child restraint where required (see table above). If a child is under 1.35 metres (approx 4 feet 5 inches) tall, a baby seat, child seat, booster seat or booster cushion **MUST** be used suitable for the child's weight and fitted to the manufacturer's instructions.

Laws [RTA 1988 sects](#)

[14 & 15](#), [MV\(WSB\)R](#), [MV\(WSBCFS\)R](#) & [MV\(WSB\)\(A\)R 2006](#)



Rule 100: Make sure that a child uses a suitable restraint which is correctly adjusted.

Rule 101

A rear-facing baby seat **MUST NOT** be fitted into a seat protected by an **active frontal airbag**, as in a crash it can cause serious injury or death to the child.

Laws [RTA 1988 sects 14 & 15, MV\(WSB\)R, MV\(WSBCFS\)R & MV\(WSB\)\(A\)R 2006](#)

Rule 102

Children in cars, vans and other goods vehicles. Drivers who are carrying children in cars, vans and other goods vehicles should also ensure that

- children should get into the vehicle through the door nearest the kerb
- child restraints are properly fitted to manufacturer's instructions
- children do not sit behind the rear seats in an estate car or hatchback, unless a special child seat has been fitted
- the child safety door locks, where fitted, are used when children are in the vehicle
- children are kept under control.

English summary:

Rules for Drivers and Motorcyclists (Rules 89–102):

Rule 89 – Vehicle Condition: Every vehicle and trailer must comply with the Road Vehicles (Construction and Use) Regulations. Tyres, brakes, and lights must work properly. Driving an unsafe vehicle increases the risk.

Rule 90 – Fitness to drive: You MUST be medically fit to drive. Any health condition that affects your ability to drive must be reported to the **DVLA**.

Rule 91 – Tiredness: Driving when tired is highly dangerous. Do not start a journey if you feel sleepy. Avoid long trips between **12pm and 6am** when alertness is lowest. Take at least a 15-minute break every **2 hours**. If you feel drowsy, pull over to a safe place (not on a motorway hard shoulder).

Rule 92 – Vision: You MUST be able to read a number plate at 20meter. If glasses or contact lenses are required, you MUST wear them at all times. Police may conduct eyesight tests.

Rule 93–94 – Sunlight and Night vision: If sunlight dazzles you, slow down or stop. At night, avoid using tinted glasses or visors, as they can restrict your vision.

Rule 95 – Alcohol: Never drive under the influence of alcohol.

- In England/Wales, the limit is **35 microgrammes of alcohol/100ml breath or 80mg/100ml blood.**
- In Scotland, the stricter limit is **22 microgrammes breath or 50mg blood.**
Alcohol reduces coordination, slows reaction times, gives false confidence, and impairs judgment even below the legal limit. Best advice: do not drink at all when planning to drive.

Rule 96 – Drugs and Medicines: Driving under the influence of drugs (illegal or certain medicines) is **forbidden**. Effects may be worse than alcohol and can cause fatal crashes. Some medicines are allowed in therapeutic doses, but if your doctor or pharmacist warns you, do not drive.

Rule 97 – Before setting off: Always ensure:

- Valid licence and insurance (**you must have a valid insurance and MOT to be able to road tax your car.**)
- Vehicle is legal and roadworthy
- Route is planned with time for breaks

- Fuel or charge is sufficient
- Mirrors, seat, and head restraints are properly adjusted. It is also recommended to carry a mobile phone (for emergencies) and high-visibility clothing.

Rule 98 – Towing and Loading:

- Do not tow more than your licence permits.
- Ensure vehicle and trailer are roadworthy.
- Do not overload; distribute weight evenly.
- Secure loads so nothing sticks out dangerously.
- Use towing mirrors if the rear view is blocked.
- A safety chain MUST be fitted.
- While towing: drive slower, allow longer stopping distances, avoid harsh braking. If the trailer swerves, ease off the accelerator gently. In breakdowns, tow ropes can be risky; solid tow bars or professional recovery are safer options.

Rules 99–102 – Seat belts and Child restraints:

- Adults MUST wear seat belts.
- Drivers MUST ensure children under 14 use a seat belt or a proper child restraint.

- Children under **1.35meter height** must use a child seat or booster.
- **Rule 101:** A rear-facing baby seat MUST NOT be used with an active airbag.
- **Rule 102:** Children should enter from the kerbside door, restraints must be fitted correctly, child locks should be used, and children must always be under control.

Summary: Rules 89–102 ensure the safety of drivers, motorcyclists, and passengers. They cover vehicle condition, driver fitness, alcohol/drugs, preparation before journeys, towing, and the correct use of seat belts and child restraints. Following these Rules is both a **legal requirement** and a **life-saving responsibility**.

Pashto Summary

Rules for drivers and motorcyclists (Rules 89–102):

Rule 89 – Vehicle condition: هر موټر او trailer باید Road Vehicles Regulations سره سم وي. ټایرونه، خراغونه او brakes رامنځته کیدای شي collision کار کوي. که موټر خراب وي.

Rule 90 – Fitness to drive: وې. که کومه fit چلوونکي باید health condition ته DVLA باندي اغېز کوي، باید driving لري چې ستا report کړي.

Rule 91 – Tiredness: خطرناک دی. مخکې له driving سټپري حالت کې او برده سفر مه کوه. هر 2 hours sleep 6 am وکړي. د شپې له سفره باید بنده sleepy، شوې واخلي. که وروسته لبر تر لبره 15 minutes break safe hard shoulder).

Rule 92 – Vision: که number plate فاصله کې 20m باید په glasses contact lenses يا Police کولای شي test.

Rule 93–94 – Sunlight او Night vision: که sunlight dazzling speed کم کړه يا ودرېږه. په شپې کې tinted glasses vision محدودوي.

Rule 95 – Alcohol: او drunk حالت کې مه چلوی. په هېڅکلهه England کې Wales دی، په breath limit Scotland کې د 35 microgrammes 22 microgrammes. Alcohol confidence reaction slow انتخاب دا دی چې Safe کوي او خطر زیاتوي. حتی لبر مقدار هم خطرناک دی ونه کړي alcohol سره driving هېڅکلهه.

Rule 96 – Drugs او Medicine: چې medicine يا داسي impairment دی. حتی کم مقدار driving کول forbidden کوي، سره drugs driving ووایي چې دا دوا doctor pharmacist شې پوره کولای. که سبب کېږي fatal accidents باندي اغېز لري، نو مه چلوه. دا ډېر خطرناک دی او

Rule 97 – Before setting off: مخکې له سفره ډاډ تر لاسه کړه چې

- Valid licence او insurance لري
- Vehicle roadworthy دی

- Route کېږي breaks plan او
- Fuel کافي ده battery charge يا
- Mirrors او seat adjustment سم دي
- Head restraints injury د صحيح لپاره مخنيوي.
- emergency mobile phone او high-visibility clothing همدارنګه لرل بنده ده.

Rule 98 – Towing او Loading:

- Licence وکړه towing مطابق.
- Vehicle ووي trailer roadworthy او.
- Overload مه کوه، وزن په مساوی ډول وویشه.
- Load secure ووي protruding objects مه پېړدہ باید.
- که rear view obstruct، شي towing mirrors استعمال کېږه.
- Secondary coupling لکه safety chain باید موجود وي.
- Towing زیات او speed کې braking distance harsh braking کې Breakdown دی، خطرناک tow rope solid tow bar بنه انتخاب دی.

Rule 99–102 – Seat belts او Child restraints:

- Adults واغوندي seat belt باید.
- Children تر 14 کاله پوري seat belt يا correct child restraint کې ووي.
- 1.35m height پوري ماشوم child seat booster seat کې کېښېنول شي.
- **Rule 101:** rear-facing baby seat airbag دا سره مه نصبوه. دا collision کې خطرناک دی.
- **Rule 102:** Children kerb باید د child locks کې وسائل شي control استعمال شي او

، حالت vehicle لپاره دېر مهم دي. د driver او motorcyclist لنجیز: دا قوانین د health، alcohol/drugs، towing او seat belts safety لپاره دي. د ټول د

مراحت کول نه یوازی قانونی شرط دی بلکه دژوند ژغورنی سبب هم Rule هر کپری.

Dari Summary

(قوانین برای رانندها و موتورسوارها Rules 89–102):

Rule 89 – Vehicle condition: باید مطابق Road vehicles Regulations باشد. چراغها lights و tires، brakes باید درست کار کنند. موتور خراب collision دارد.

Rule 90 – Fitness to drive: باید راننده healthy و fit باشد. اگر بیماری illness تأثیر دارد، باید به DVLA گزارش کنی.

Rule 91 – Tiredness: راننگی در حالت خستگی بسیار خطرناک است. قبل از long journey کن. بین ساعت 12 شب تا 6 صبح sleep سفر خوب hours شدی، در جای sleepy توقف داشته باش. اگر minutes حادثه دارد، باید به hard shoulder) stop کن.

Rule 92 – Vision: شماره pليit را بخوانی. اگر ۲۰m بتوانی از فاصله ۲۰m glasses contact lenses یا eyesight test لازم دارند. Police همیشه استفاده کن.

Rule 93–94 – Sunlight و Night vision: اگر نور خورشید dazzling است، سرعت را کم کن یا توقف کن. در شب از tinted glasses استفاده نکن چون چون night vision می‌کند.

Rule 95 – Alcohol: در England راننگی نکن. در Wales breath ۳۵ microgrammes است و در Scotland ۲۲ microgrammes. اعتماد کاذب می‌دهد reaction time alcohol نیست. بهترین کار این است که وقتی safe و خطر را بالا می‌برد. حتی مقدار کم هم plan driving alcohol نکنی، هیچ مصرف نکنی.

Rule 96 – Drugs و Medicine: یا بعضی drugs رانندگی تحت تأثیر medicine را بالا illegal drugs limit ممنوع است. حتی impairment کفتد که دوا باعث doctor یا pharmacist می‌شود، اگر برد. اگر بوده و سبب alcohol خطرناکتر از fatal accidents Drugs می‌شود.

Rule 97 – Before setting off: قبل از حرکت مطمئن شو که:

- داری Valid licence و insurance
- است Vehicle کاملاً roadworthy
- کردهای breaks را plan مسیر و
- کافی داری battery charge یا
- درست است Mirrors و seat adjustment
- درست تنظیم شده‌اند spine برای حفاظت از گردن و mobile phone همچنین داشتن high-visibility clothing برای توصیه می‌شود emergency.

Rule 98 – Towing و Loading:

- کن towing خود مطابق licence.
- باشند trailer باید roadworthy موتر و
- نکن Vehicle یا trailer را overload.
- کن secure را load وزن را درست توزیع کن و
- لازم است rear view obstruct towing mirrors اگر شود.
- داشته باشد safety chain.
- زیاد، و towing سرعت کم， stopping distance harsh هنگام braking نکن. در حالت breakdown، tow rope solid بهتر است tow bar.

Rules 99–102 – Seat belts و Child restraints:

- بینندن seat belt بزرگسالان باید
- داشته باشند child restraint یا seat belt کودکان زیر 14 سال باید.

- 1.35 کوڈکانی کہ قدشان کمتر از child seat booster seat یا child seat است، باید داشتہ باشند.
- Rule 101: rear-facing baby seat را با airbag خطرناک است collision چون.
- Rule 102: وارد شوند child locks kerb کوڈکان باید از درب نزدیک child locks فعال باشد و همیشہ تحت کنترل باشند.

بسیار مهم است. از motorcyclists خلاصہ: این قوانین برای ایمنی رانندها و vehicle condition، health، alcohol/drugs، towing، seat belts تا child safety ہمہ برای حفظ جان خودت و دیگران طراحی شده‌اند. رعایت این Rules وظیفہ قانونی است و ہم نجات‌دهنده زندگی

Urdu Summary

Drivers اور Motorcyclists کے لئے قوانین (Rules 89–102):

Rule 89 – Vehicle condition: vehicle trailer اور Road Vehicles Regulations کے مطابق ہونا ضروری ہے۔ Tyres، brakes اور lights کا vehicle roadworthy صحیح حالت میں ہوں۔ اگر accident نہ ہو تو DVLA کا report ہے۔

Rule 90 – Fitness to drive: Driver کو ہمیشہ fit کو DVLA کو report کرنا لازمی ہے۔ اگر کوئی Driver کو ہمیشہ fit کو DVLA کو report کرنا لازمی ہے۔

Rule 91 – Tiredness: driving تھکاؤٹ میں سفر long journey کا 12 hours sleep کا break ہے۔ رات 6 am سے پہلے اچھی لیں۔ اگر نید آ جائیں، اسے 15 minutes break کریں۔ اگر 2 hours avoid کریں۔ اگر hard shoulder پر motorway جگہ پر رک جائیں، لیکن safe رہی ہے تو نہیں۔

Rule 92 – Vision: 20meter کے فاصلے پر number plate کی ضرورت ہے تو ہمیشہ پہنیں۔ اگر glasses contact lenses یا Police eyesight test کسی وقت کر سکتی ہے۔

Rule 93–94 – Sunlight اور Night vision: اگر bright sunlight سے slow down tinted glasses کریں یا رک جائیں۔ رات میں نظر کم ہو تو کم ہو جاتا ہے۔ vision استعمال نہ کریں کیونکہ

Rule 95 – Alcohol: drunk کبھی بھی England میں breath alcohol limit 35 microgrammes اور Wales میں Scotland 22 microgrammes。 Alcohol confidence کرتا ہے اور خطرہ بڑھاتا ہے۔ حتیٰ کہ کم مقدار reaction slow، غلط بناتا ہے ہو تو driving plan بھی خطرناک ہے۔ سب سے محفوظ طریقہ یہ ہے کہ جب alcohol بالکل نہ پیئیں۔

Rule 96 – Drugs اور Medicine: Illegal drugs یا کچھ medicines کا اثر unpredictable driving کرنا strictly forbidden ہے۔ Drugs کرنے کے fatal accidents کے doctor یا pharmacist advise پر اثر ڈالنے کی تو گاڑی مت چلانیں۔ دوا

Rule 97 – Before setting off: سفر سے پہلے یقین کر لیں کہ

- آپ کے پاس valid licence اور insurance ہے
- Vehicle roadworthy ہے
- Route plan ہے اور fuel/charge کافی ہے
- Mirrors اور seat adjust ہیں
- Head restraints ہیں تاکہ set neck injuries سے صحیح طریقے سے نہ ہوں۔
- Emergency کے لیے mobile phone اور high-visibility jacket رکھنا بھی اچھا ہے۔

Rule 98 – Towing اور Loading:

- Licence کے مطابق towing کریں۔
- Vehicle اور trailer roadworthy ہوں۔
- Overload مت کریں۔
- Load secure کریں اور rear view obstruct ہے کریں۔
- استعمال کریں۔ اگر ضرورت ہو تو towing mirrors ہونا ضروری ہے۔
- Trailer کے ساتھ safety chain ہے۔

- Towing speed کے دوران braking distance کی صورت میں harsh braking Breakdown نہ کریں، اور tow rope، خطرناک بیتر ہے۔

Rules 99–102 – Seat belts اور Child restraints:

- Adults یعنی seat belt پہنیں۔
- میں بیٹھیں۔ child restraint یا seat belt 14 سال سے کم لازمی child seat یا booster seat کا قد 1.35m تک child سے کم ہے۔
- Rule 101: rear-facing baby seat کو کبھی بھی active airbag نہ کریں۔ کے ساتھ install کیں۔
- Rule 102: child locks side door کے kerb بچے اسے داخل ہوں میں رکھیں۔ control کریں اور یعنی seat belts کی مدد میں رکھیں۔

Rules 89–102 کی مقصد driver اور motorcyclist safety: خلاصہ Vehicle condition، health، alcohol/drugs، towing، seat belts child safety life saving اصول ہیں۔ ان کو follow کرنا قانونی بھی ہے اور زندگی بچانے کا ذریعہ بھی۔