

FRONT

BACK

SFST ADMINISTRATIVE GUIDE

SFST ADMINISTRATIVE GUIDE

Horizontal Gaze Nystagmus Instructions

1. I am going to check your eyes. (Please remove your glasses.)
2. Keep your head still and follow the stimulus with your eyes only.
3. Do not move your head.
4. Do you understand the instructions?

Walk and Turn Instructions

1. Put your left foot on the line and put your right foot in front of it with your right heel touching your left toe. Keep your hands at your side. (Demonstrate.)
2. Do not start until I tell you to.
3. Do you understand the directions?
4. When I tell you to begin, take nine heel-to-toe steps on the line, turn around and keeping one foot on the line, and return nine heel-to-toe steps. (Demonstrate heel-to-toe; three steps is sufficient.)
5. On the ninth step, keep the front foot on the line and turn by taking several small steps with the other foot. (Demonstrate turn.)
6. While walking, watch your feet at all times, keep arms at side, count steps out loud. Once you begin, do not stop until test is completed.
7. Do you understand the instructions?
8. You may begin the test.

One-Leg Stand Instructions

1. Stand with your heels together and your arms at your side. (Demonstrate.)
2. Do not begin test until I tell you to.
3. Do you understand?
4. When I tell you to I want you to raise one leg, either leg, approximately six inches off the ground, parallel to ground. Keep both legs straight and keep your eyes on the elevated foot.
5. While holding that position, count out loud; one thousand and one, one thousand and two, one thousand and three, and so forth until told to stop. (Demonstrate raised leg and count.)
6. Do you understand the instructions?
7. You may begin the test.

www.michiganprosecutor.org/tstp



Produced and distributed by the Prosecuting Attorneys Association of Michigan, Michigan Traffic Safety Training Program with grant funds from the Michigan Office of Highway Safety Planning. Not paid for with state funds. Paid for with funding from the U.S. Department of Transportation.