

Safety Talk

Driving at Night

Traffic death rates are three times greater at night than during the day, according to the National Safety Council. Driving at night is more of a challenge than many people think. It's also more dangerous.

Why is night driving so dangerous? One obvious answer is darkness. Ninety percent of a driver's reaction depends on vision, and vision is severely limited at night. Depth perception, color recognition, and peripheral vision are compromised after sundown.

Another factor adding danger to night driving is fatigue. Drowsiness makes driving more difficult by dulling concentration and slowing reaction time.

Alcohol is a leading factor in fatal traffic crashes, playing a part in about half of all motor vehicle-related deaths. More fatal crashes take place on weekend nights than at any other time in the week. Fortunately, you can take several effective measures to minimize these after-dark dangers by preparing your car and following special guidelines while you drive.

The National Safety Council recommends the following:

- Have your headlights properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- Don't drink and drive. Not only does alcohol severely impair your driving ability, it also acts as a depressant. Just one drink can induce fatigue.
- Avoid smoking when you drive. Smoke's nicotine and carbon monoxide hamper night vision.
- If there is any doubt, turn your headlights on. Lights will not help you see better in early twilight, but they'll make it easier for other drivers to see you. Being seen is as important as seeing.
- Don't overdrive your headlights. You should be able to stop inside the illuminated area. If you're not, you are creating a blind crash area in front of your vehicle.
- If an oncoming vehicle doesn't lower beams from high to low, avoid glare by watching the right edge of the road and using it as a steering guide.
- Make frequent stops for light snacks and exercise. If you're too tired to drive, stop and get some rest.
- Observe night driving safety as soon as the sun goes down. Twilight is one of the most difficult times to drive, because your eyes are constantly changing to adapt to the growing darkness.



SOURCE: toolboxtopics.com



Safety Meeting Attendance Form

This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Company Name: _____ **Project:** _____

Date: _____ Supervisor's Signature: _____

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