

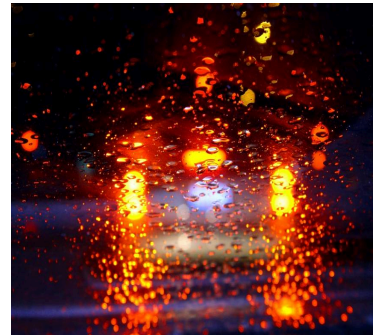
# Driving at Night

**Objective:** To highlight safety guidelines for driving at night

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**Only one-third of driving occurs after dark, but two-thirds of fatal accidents happen at night.**

With only headlights to light your path, your vision is limited to 300 feet ahead. If an object is dark in color or non-reflective, you might not see it before it is too late to react safely.



## Seeing in the Dark

**Your eyes are unable to process information as effectively in dark conditions and in the half-light of dawn and dusk.**

- It is more difficult to gauge distances in the dark, and trying to do so increases eye strain.
- The glare of the rising or setting sun may also impair vision.

## Safe Practices for Driving at Night

- **Keep your windshield clean.** A light film of dirt can reduce visibility by as much as 40%. Dirty windshields can also create glare.
- **Avoid overdriving your headlights.** Monitor speed to assure that your required braking distance does not exceed the range of your lights.
- **Be considerate:**
  - Lower your high beams when you see an oncoming vehicle.
  - Use your brake lights to warn following traffic of upcoming obstacles by lightly tapping your brake pedal.
  - Take curves carefully and expect the unexpected in blind spots.

## Driving at Night

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

Organization: \_\_\_\_\_ Date: \_\_\_\_\_

Trainer: \_\_\_\_\_ Trainer's Signature: \_\_\_\_\_

### **Class Participants:**

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

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