



NIGHT DRIVING

Tips on Night Driving

There are ten (10) tips on night driving:

1) **Fatigue**

Most accidents happen between midnight and 6 a.m. If you feel drowsy, here are some ways to keep yourself alert:

- a. Drink coffee;
- b. Pull over to a safe area like a rest area or stop for the night;
- c. Having the radio on;
- d. Roll down the window to get some fresh air.

2) **Clean up the View**

Having dirty or damaged windshield increases the glare.

- a. Keep headlights and windshield clean regularly.

3) **Avoiding 2-Lane Highways**

Two-lane highways can be the “worst-case” for nighttime driving, due to oncoming cars’ headlights, and most of these roads have more sharp curves and hills.

- a. If possible, take a safer route like the freeway.

4) **Lower the Speed**

5) **Make sure headlights are correct**

If the headlights tilt down, you will lose some of the lighting you need for driving. If they’re too high, you can blind the oncoming drivers.

- a. Go to the dealer or repair facility for assistance to make sure the headlights are correct.

6) **Using High Beams**

They can be very helpful in rural areas or on open roads. Just remember to dim them when an oncoming vehicle is 500 ft.

7) Lower the Inside Lighting

If dashboard lights are too bright, it can be disorienting on your driving.

- a. Dim the interior lights so that the controls can be easily visible;
- b. Use visors at night to shield outdoor street lights and glare;
- c. With new vehicles, mirrors can automatically dim the reflections from the bright lights.

8) Looking into the Right Direction

You should always keep your eyes on the road. Avoid a fixed glare and never stare at the oncoming lights. When approaching an oncoming vehicle, you should

- a) Shift your eyes down and to the right, by using the right edge of the road/lane markings
- b) Gaze back up when you have passed the vehicle.

9) Watch for Wildlife

Accidents with deer occur most often at dusk or at night and around October to January.

- a) To avoid an accident, slow down and stopping, DON'T swerve!
- b) Be aware of a bead of light which could be the reflection from the eyes of an animal. When you see that, slow down and ascertain if it is from wildlife. Proceed carefully.

10) Take Care of your Eyes

Glare becomes more problems during the night.

- a) Get eyes check regularly

"KEEP SAFE BY BEING PREPARED"

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