



Safe Driving Tips

Driving at Night

This time of year the days get shorter and the nights get longer, so you and your teen will spend more time driving at night. Night driving is much more dangerous than daytime driving. In fact, traffic fatality rates are three times greater at night than during the day. Why? The answer is obvious: Limited visibility for you and other drivers. Depth perception, color recognition, speed judgment and peripheral vision are all compromised after sundown.

So what can you do to make night driving safer? Here are a few suggestions:

- Reduce your speed and increase your following distance. At night you will have less time to react because of the limited visibility. Give yourself some extra time by slowing down and creating more space ahead of you.
- Turn on your low beam headlights. Even at dusk, low beams help others see you better.
- Use your high beams when it is safe and legal. Be sure to lower them as you approach oncoming traffic or when following another vehicle. If you happen to approach an oncoming vehicle with its high beams on, direct your eyes to the right edge of the road to avoid being blinded.
- Make sure your windows are clean. Film buildup may be unnoticed during the day, but at night or in late afternoon sunlight, this film can substantially diminish your ability to see.
- Dim your dash lights. This reduces the glare within your vehicle.
- Avoid smoking when you drive. Smoke's nicotine and carbon monoxide hamper night vision.
- Proactively scan the driving environment for impaired drivers. At night you are far more likely to encounter drivers impaired by drugs, alcohol or fatigue so be on the lookout.

Driving at night can be safe if you take the proper precautions.

Drive Safely!



We teach *Driver Intelligence*