

# SAFETYFIRST

INFORMATION DEDICATED TO DRIVER SAFETY

AHEAD OF  
THE CURVE

Safety Management  
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## Night Driving

Although the majority of driving takes place during daylight hours, at some point all professional drivers will have to drive after dark. According to the National Highway Traffic Safety Administration, fatalities on the road occur at a rate of three times greater at night than during the day. While only a quarter of all driving is done at night, more than half of all driving deaths occur at night.

Your depth perception, ability to distinguish color, and peripheral vision are worse in low-light conditions. If you do not regularly drive at night, you are at a higher risk for experiencing fatigue. Roadway lighting is often very poor and in most rural areas lighting is very limited.

Here are 6 tips to ensure your night driving safety:

1. Know your truck, and be prepared to stop within the distance you can see with your headlights. During your pre-trip inspection, make sure your headlights are clean and properly adjusted.
2. Keep your windshield clean. A dirty windshield can create glare and make it harder to see.
3. Always use your high beam headlights when possible. Increase your chances of being able to see as far as possible.
4. To ensure your vision, avoid looking directly into the lights of approaching motor vehicles. Try to focus on the fog line of the roadway and avoid staring into the bright lights.
5. Dim your instrument panel lights and keep your dome light off. Too much illumination inside your cab diminishes your ability to see clearly outside your cab.
6. Watch for wildlife. Often you can see the reflections of headlights in an animal's eyes long before you can see the animal itself. Pairs of tiny bright spots in the distance are a clear warning that an animal is in front of you, therefore slow down.

Since most accidents occur during nighttime hours, defensive driving skills are a necessity to be safe on the road in the evening.

**Stay alert and always reduce your speed during hours of darkness.**