



Night Driving

**Monthly Training Topic
NV Transport Inc. Safety
& Loss Prevention**



Introduction

Night driving is difficult for many people. Driving in the dark is much different from driving during the daylight hours. Many of us many are not aware of the hazards of night driving. We are also unaware of effective ways to deal with them. This presentation will cover the following information:

- ***Statistics on night driving***
- ***Three components that create night time hazards***
- ***Nighttime driving safety tips***



Facts & Statistics

According to the National Safety Council, traffic death rates are three times greater at night than during the day; more than 40% of all collisions occur in the hours of 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.

A large number of nighttime crashes are single-vehicle, run-off-the-road crashes. This may be caused by a driver's inability to recognize delineation, guidance, or warning information.



The above facts and statistics are obtained from one or all of the following websites: The AAA Foundation, The Federal Motor Carrier Safety Administration, The National Highway Safety Administration, The National Safety Council, The CBS Business Network

Nighttime Hazards

Drivers caught by surprise are less able to avoid a crash. Drivers are at greater risk when they drive at night. Drivers can't see or respond to hazards as quickly as they can in daylight. There are three components involved in night driving:

- ***The Driver***
- ***The Vehicle***
- ***The Roadway***



Nighttime Hazards: The Driver

Vision – Naturally, people cannot see as well in the dark (during the night).

- ***Drivers should allow their eyes some time to adjust before operating the vehicle; it will typically take two minutes for a humans eyes to adjust from bright light to darkness.***

Glare – Drivers can be blinded by headlights.

- ***When a vehicle passes at night look at the right side of the road to avoid this temporary blindness.***

Fatigue – Driver tend to be less alert at night. Drowsiness makes driving more difficult by limiting concentration and slowing reaction time.

- ***If you are sleepy the only safe option is to get off the road and get some sleep. If you don't you risk your life as well as the life of others.***



Nighttime Hazards: Roadway Factors

Poor lighting – At all times while operating a CMV, a driver must be driving at a speed slow enough to be able to come to a stop should a hazard appear in the roadway.

- ***At night this speed must be slow enough to stop within the distance your vehicles headlights can illuminate. Any farther is know as “Over driving the headlights”***
- ***At night CMV headlights shine about 250ft (low beams) and 350ft to 500ft (high beams)***

Drivers under the influence – Be especially careful around the time bars are closing. Be alert for drivers who can’t stay in their own lane or maintain a constant speed.



Nighttime Hazards: Vehicle Factors

Headlights – Do not over drive your headlights! This means do not drive too fast in the dark, headlights only shine so far ahead.

- **When doing your pre-trip inspection make sure your headlights are clean . A dirty headlight can cut the amount of light it produces in half.**

Other Lights – In order to be seen properly the following devices must be clean and in working order.

- **Reflectors**
- **Marker lights**
- **Clearance Lights**
- **Tail lights**
- **Identification lights**
- **Turn signals**
- **Brake lights**



Windshields and Mirrors – When driving at night it is important to have a clean windshield and mirrors. At night, oncoming lights may cause the dirt on your windshield or mirrors to enhance the glare; this may block your view.

Night Driving Safety Tips

Prepare your vehicle. Keep headlights, tail lights, signal lights and windows (inside and out) clean.

Turn your headlights on and ensure they are properly aimed. Mis-aimed headlights may blind other drivers and reduce your ability to see the road.

Reduce your speed and increase your following distance. Always keep your headlights on low beams when following another vehicle when following keep low beams

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.

If you are feeling fatigued, make a stop for a light snack and exercise. If you are too tired to drive, stop and get rest.

If you have vehicle trouble, pull off the road as far as possible. Warn approaching traffic at once by setting up reflecting triangles near your vehicle and 300 feet behind it. Turn on flashers and the dome light. Stay off the roadway and get passengers away from the area.

Quiz

- 1) *How far away should you be from another vehicle when you dim your lights*
 - A. 250 ft
 - B. 1,000 ft
 - C. 500 ft
 - D. You should never dim your lights
- 2) *At what speed should you travel when driving at night*
 - A. 55 MPH
 - B. 75 MPH
 - C. At a speed that will allow slow enough in which the vehicle can stop in the distance its headlight can illuminate.
 - D. $\frac{1}{2}$ the speed of sound
- 3) *How long should you take to allow your eyes to adjust to dim light?*
 - a) 2 min.
 - b) 30 sec.
 - c) 5 min.
 - d) 2 hours

Quiz

- 4. How should a driver avoid being blinded by an oncoming vehicles headlights?**
- 4. Flash your bright lights**
 - 5. Close your eyes**
 - 6. Look slightly to the right at the right lane edge marking**
 - 7. Wear sunglasses**
- 5. A dirty headlight can reduce the amount of light being given off by:**
- a) $\frac{1}{2}$**
 - b) $\frac{1}{3}$**
 - c) None**
 - d) $\frac{7}{16}$**

Quiz Answers

1. C
2. C
3. A
4. C
5. A



Question or Comments?



Additional Information on Rules and Regulations

This document is intended to be a guide on applicable rules and regulations. Although it may be used as a guide/reference for your training needs, this document is not intended to be used as the standard for FMCSA rules and regulations.

Additional information can be found on the FMCSA website.

The FMCSA website will contain the most accurate and up-to-date information on any and all applicable rules and regulations.

<http://www.fmcsa.dot.gov>

