



Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

Nighttime Driving Increases Chances Of Accidents

Many people dislike working at night, and the reason is usually simple. It can be harder to function at night than it is in the daytime.

Darkness can make driving a challenging job. It can be dangerous, too. According to the National Safety Council, fatal vehicle accidents increase sharply during the hours of darkness. In fact, statistics show chances of being involved in some type of accident are about three times greater at night than during daylight hours. There are things to do, facts to know and techniques to use that can be used to reduce the chance of a mishap and ensure safe nighttime operations.

Safety Officials recommend the following tips to make trips to and from night shift safer.

- Before leaving work centers or home, make sure vehicle headlights, taillights and directional signals are operational.
- Keep an operational flashlight and reflective belt attached to an outermost garment.
- Make sure headlights and windshields are clean both inside and outside.
- When driving at night, use extreme caution because even familiar surroundings may seem different.
- Wait five minutes before driving after leaving a lighted building, it takes a few minutes for eyes to adjust to the dark.
- Do not wear any kind of sunglasses at night; there are no glasses designed to reduce headlight glare at night; any lens that reduces the brightness of headlights also reduces the light reflected from dimly-lit objects at the side of the road, particularly pedestrians.
- When following another vehicle at night, keep low beams on so the other driver will not be blinded.
- Switch lights from high to low beams when an oncoming vehicle is about 500 feet away; also, when behind another vehicle use low beams within 300 feet of that car's rear.
- Limited vision at night reduces the amount of stopping time when trouble is spotted; reduce speed accordingly.
- Look ahead into the areas that are only faintly illuminated; the faint glow of a distant headlight or some movement may be an early alert to a possible hazard.
- Never stop on any roadway at night; it is hard for an approaching driver to tell whether or not a stopped car is moving until it's too late.
- Take curves slower at night; headlights point straight ahead and shine off the road which reduces the view of the road considerably.
- Switch to low beams in fog or snow; high beams will reflect more off fog and snow.
- Last, and most importantly, never drink and drive. Besides the obvious reasons, alcohol can drastically slow the direct affect of the eye's sensitivity.