



**North American
Transport Services**

NIGHT DRIVING



Driving at night can be daunting especially because visibility, glare and fatigue affect drivers even more. During nighttime, visual acuity is reduced and your eyes are tired and have a harder time adjusting to the darkness. The depth perception, ability to distinguish color and peripheral vision are worse in low light conditions. Other vehicle's lights can temporarily blind you, therefore it's always a good idea to avoid looking directly into oncoming traffic and instead look towards your right side.

Fatigue is one of the biggest contributors of accidents and more so at night. It's always necessary to understand your body and learn your signs of fatigue. When you start yawning or scratching your eyes, you are most likely tired and need rest. The only remedy for fatigue is sleeping. Never assume coffee will do the trick it simply does not work.

When driving at night follow these simple tips:

- Make sure your windshield and mirrors are clean. Bright lights hitting dirt on a windshield create glare.
- Watch your speed and following distance. At night you need time to react to hazards.
- Slow down on curves. You should always slow down on curves and ramps but even more so at night since your headlights will head straight reducing your vision.
- Drive defensively. Always scan your mirrors and aim high to anticipate any hazards.

