Driving in the Dark Doubles the Danger



Did you know that traffic crashes are the leading cause of on-the-job death in America? Now, turn off the lights. Driving at night is deadly and you, at some point this year, will most likely need to drive at night while working. So, whether you are traveling to a remote jobsite or heading in for an early morning conference, you will need to be careful on the road.

In this Safety Talk, you will learn why driving in the dark is so dangerous and how to improve your night driving with a few small tips.

What Can Go Wrong
Bad weather, like snow or ice, makes driving dangerous, even at the best of times. High beams shined in the eyes annoy at the very least but, at the worst, can cause you to avert your eyes at the wrong moment.

Unfortunately, external forces aren't the only things you have to worry about. Your depth perception and reaction times are worse in low light conditions. You also tend to be more tired at night, which can lead to easy mistakes while driving. These factors are all at play when driving at night and can lead to accidents.

How to Protect Yourself
You can drive safely in the dark despite the dangers by implementing the following tips to "arrive- alive":

- Safety first – Wear your safety belt no matter how long you will be in the car. Whether it's five minutes of five hours, seat belts save lives!
- It takes time – Give yourself ample time to get to your destination by taking into account driving conditions, like frost, snow, or fog.
- Light it up – Turn your headlights on as soon as daylight begins to fade.
- High beams blind – High beams are great for dark roads but switch to low beams when following another vehicle or when one approaches from the opposite direction.
- Give them space – Reaction times are slower in low light conditions so give yourself more room to maneuver by leaving a cushion of space around your vehicle.

Final Word
It can be dangerous on the road at any time of the year. However, the dark

compounds the problems you face while driving. Stay safe on the road, no matter the light conditions, by be being alert to driving conditions and adjust your driving habits accordingly.