



Top 10 Night-Driving Safety Tips

1. Switch on your headlights an hour before dusk. Keep them on for an hour after dawn. You may think it won't help you see better - but it will help others see you which is equally as important.
2. Keep your headlights properly aligned. Consult your vehicle's manual for the right alignment, as incorrectly aligned lamps can limit their coverage of the road or disturb other drivers.
3. Adjust your interior lights and keep the inside windshield clean to avoid glare.
4. Be considerate of other drivers. Keep your eyes peeled for headlights coming around the bend and keep your low-beams on when there is a car ahead of you.
5. Avoid being blinded by oncoming traffic by focusing on the right edge of the road.
6. Don't overdrive your headlights. Drive slowly enough so you have time to react when something enters your field of vision. A good general rule is to allow four to five seconds of reaction time.
7. Take fatigue seriously. If you feel sleepy, do not rely on coffee or loud music to keep you awake - pull over and take a quick nap. Even when you don't feel tired take a break every two hours. Get refreshments and take brisk walks to keep your body alert.
8. Slow down if you spot a deer. Deer travel in herds, so if you see one there are probably more in the area.
9. Don't drink and drive - at all. Since alcohol is a depressant, even one drink can cause fatigue and inhibit your ability to focus and react.
10. Be extra cautious of other drivers on the weekends. The risk of meeting a drunk driver on the road is much greater on Friday and Saturday nights.

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