Driving at Night

- Use your high beam lights when driving in rural areas and on open highways away from urban and metropolitan areas.
- If you are driving with your high beam lights, you must dim them before coming within 200m of any oncoming vehicle so the oncoming vehicle is not blinded by the glare.
- When following another vehicle, you must use your low beam lights, with your fog lights off, if you are within 200m of the vehicle ahead.
- Never look directly into an approaching car’s headlights. As the car draws near, watch the left edge of your lane, noting the position of the oncoming car out of the corner of your eye.
Driving at Night (cont)

• When driving through fog at night it is best to use your low beam lights and fog lights, if you have them. In this situation driving with high beam lights on is like shining your lights on a mirror.
• Be alert to vehicles, particularly darker vehicles, travelling after sunset without their headlights on.
• Don’t try to “get back” at another driver by keeping your high beam lights on if they haven’t turned theirs to low beam. If you do, both of you may be blinded.
• Fog lights should NOT be used unless driving in fog or other hazardous weather conditions causing reduced visibility.
Fatigue

When you are tired, you are less alert. The body naturally wants to sleep at night, and most drivers are less alert at night, especially after midnight. You may not see hazards as soon, or react as quickly, so your chances of having a crash are greater.

If you are sleepy, the only safe cure is to get off the road and get some sleep.
Fatigue (cont)

To keep from getting tired on a long trip;

• Get at least a normal night’s sleep before you start.
• Don’t take any drugs that can make you drowsy.
• Don’t drive long hours, and try not to drive late at night.
• Take regular rest stops, even if you are not tired.
• Keep shifting your eyes from one part of the road to another. Look at objects near and far, left and right.
• Try chewing gum or singing along with the radio.
• Roll your window down, and get some fresh air.
• If you are tired all the time and fall asleep often during the day, ask your doctor to check for a sleep disorder.
On a long and uneventful drive, it’s sometimes easy to find yourself staring down the middle of the road, as if you’re in a trance. In such times, it’s important to remind yourself to keep your eyes moving and scan the scene.

**Take in the whole scene** – If you only look at the middle of the road, you will miss what is happening on the side of the road and behind you.

Scanning helps you see;
• Cars and people that may be on the road by the time you reach them.
• Signs warning of problems ahead.
• Signs giving you directions.
Long Trips (cont)

Watch for hazards – Look beyond the car ahead of you.
- Don’t develop a “fixed stare.”
- Keep scanning.
- Check your rear-view mirrors every two to five seconds so you know the position of vehicles near you.

On a highway or freeway, be ready for changes in traffic conditions.
- Watch for signals from other drivers.
- Expect merging vehicles at on-ramps and interchanges.
- Be prepared for rapid changes in road conditions and traffic flow.
- Know which lanes are clear so you can use them if necessary.