

# The Communiqué

## Night Driving Tips

The National Safety Council recommends these effective measures to help minimize after-dark dangers:

- Keep all lights and windows on your vehicle clean
- Headlights should be properly aimed
- Do not drink and drive
- Avoid smoking when you drive, nicotine and carbon monoxide hamper night vision
- Increase following distance
- Reduce your speed
- Keep headlights on dim when following another vehicle
- If an oncoming vehicle doesn't dim their headlights, use the right edge of the road as a steering guide to avoid the glare
- Frequent stops should be made for exercise and snacks – if you're too tired to drive, stop and rest

Driving when the sun sets is also one of the most difficult times to drive because your eyes are constantly adjusting to the growing darkness.

90% of driver's reaction depends on vision, and vision is severely limited at night. Depth perception, color recognition and peripheral vision are compromised after sundown. Your low beam headlights will allow you to spot an object on the road about 160 feet ahead of your vehicle. Sometimes you can take evasive action and swerve to miss the object and in some cases you might not be able to. Most drivers need about 1.5 seconds to react. If you are driving too fast, the consequences could be deadly! Driving requires constant attention and focus. Take a look at the chart below...

Reaction Distance + Braking Distance = Stopping Distance

NOTES: Reaction time = 1.5 sec  
At 60 mph vehicle travels 88 ft/sec

