

PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

Night Driving Safety

As our daylight hours dwindle, we often find ourselves driving in darkness at both the beginning and end of our workday. Traffic death rates are three times greater after dark than during the daylight hours.

One of the obvious reasons driving at night is more dangerous, is darkness. A driver's reaction depends on vision, and vision is severely limited at night. Depth perception, color recognition and peripheral vision are compromised after sundown. Fatigue also adds to the danger of night driving. Drowsiness makes driving more difficult by dulling concentration and slowing reaction time.

Warning signs for drowsy drivers

- ? Eyes closing or not focusing
- ? Difficulty keeping your head up
- ? Constant yawning
- ? Drifting between lanes, tailgating, or missing traffic signs and signals

Effective measures to minimize after-dark dangers can be taken by preparing yourself and your vehicle and following special guidelines while you drive:



Special guidelines for night driving

- ? Clean headlights, taillights, signal lights and windows once a week, or as needed.
- ? Aim your headlights properly. Incorrectly aimed headlights can blind other drivers and reduce your ability to see the road.
- ? Reduce your speed and increase your follow distance. It is more difficult to judge distances at night.
- ? Don't overdrive your headlights. You should be able to stop inside the illuminated area.
- ? Keep your headlights on low beam when following another vehicle.
- ? If an oncoming vehicle doesn't switch to low beam, avoid glare by watching the right edge of the road and using it as a steering guide.
- ? If you have car trouble, pull off the road as far as possible and warn approaching traffic by setting up flares or reflecting triangles near your vehicle and behind it. Turn on your flashers and your dome light.
- ? Don't drink and drive. Just one drink can induce fatigue.
- ? Turn your headlights on early in the afternoon. Lights will not help you see better in early twilight, but will make it easier for other drivers to see you.

Twilight is a very difficult time to drive due to visibility challenges and the need for your eyes to adapt to the constant changes in light. Observe night driving safety as soon as the sun goes down.