

# Road Safety: Take Extra Care on the Road at Night

Autumn is here and the nights grow longer, meaning drivers experience nighttime driving more frequently. The National Safety Council (NSC) says 50% of traffic accidents happen at night, making it a dangerous time to drive.

The NSC indicates drivers can experience the following at night, which contribute to the high accident rate:

- Limited visibility
- Temporary blindness from the glare of headlights
- Compromised depth perception
- Reduced color recognition
- A lack of peripheral vision
- Less time to react to road hazards (especially at higher speeds)



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The NSC and Sleep Foundation provides tips to promote safe driving. Consider discussing this information during safety talks, incorporating it into motor vehicle safety documentation, and adding it to any communications promoting safe driving. The tips include:

- Make sure headlights are clean
- Dim interior lighting
- Avoid looking directly at oncoming headlights
- Keep the windshield clean
- Drive slower in darker areas and in inclement weather
- Take a break if feeling fatigued,

Visit these resources for additional road safety tips:

- National Safety Council: <https://www.nsc.org/road-safety/safety-topics/night-driving>
- Sleep Foundation: <https://www.sleepfoundation.org/drowsy-driving/how-to-stay-awake-tips>

For additional information on the SMCX's services, please visit the SMCX-hosted website at: <https://www.smcx.org/>.