

September 2024

It's Dark and We're Driving



"Falling Back" and Autumn mean shorter days and more time out in the dark.

Fatigue, compromised night vision, rush hour and impaired drivers are some of the risks you could face when you are driving at night.

Drive Slower - Night driving is dangerous because, even with high-beam headlights on, visibility is limited to about 500 feet (250 feet for normal headlights) creating less time to react to something in the road, especially when driving at higher speeds

Realize your vision is compromised - Night vision is the ability to see well in low-light conditions. As we age, we have greater difficulty seeing at night. A 50-year-old driver may need twice as much light to see as well as a 30-year-old. At age 60 and older, driving can become even more difficult, according to the American Optometric Association. Some older drivers also may have compromised vision due to cataracts and degenerative eye diseases.

Rush Hour - Evening rush hour (between 4 and 7 p.m. weekdays) is a dangerous time to drive due to crowded roadways and drivers eager to get home after work. In winter, it's dark during rush hour, compounding an already dangerous driving situation.

Impaired Drivers - About one-third of all traffic fatalities involve a driver impaired by alcohol. Drivers impaired by prescription medicines and other drugs increase that number significantly. Impaired drivers are most frequently on the road after dark – particularly between the hours of midnight and 3 a.m. on weekends.

LEARN MORE and Source: nsc.org/road/safety-topics/driving-at-night

Tips For Night Driving

Be aware that the dangers of driving are exaggerated after dark.

Before driving at night for the first time, make certain that you **know how the headlights and high beams are operated.**

Make sure to **turn off your high beams** as soon as you see an oncoming vehicle. Also, never use your high beams while driving behind another car.

Have your **headlights aimed correctly.**

Dimming dash lights can remove reflections on the windshield and allow your eyes to better adjust to the darkness ahead, improving nighttime visibility.

Even though you may sometimes find yourself trying to determine if that oncoming car's high beams are on, or if they're just mis-aimed, **look away.** If a car behind you has its high beams on, often you can **move your rearview mirror** to reflect light backward to alert the driver, and to get the reflection away from your own eyes.

Fog lights are aimed as low as possible because fog itself often hangs no lower than a couple of feet above the road

It is best to lower your speed when driving at night. Even with headlights, it will be more difficult to see what is ahead of you on the road at night time.

When driving after dark, pay special attention to the road and periodically **scan ahead for animals and the reflection of your headlights in their eyes (eye-shine).**

Glasses—prescription or otherwise—**add another reflective surface** between the driver's eyes and the road, so choosing the correct glasses to wear is crucial to improved nighttime visibility.

Be very cautious of other motorists when driving at night. You are more likely to encounter a driver who is under the influence of alcohol or drugs at night time.

Keep distractions to a minimum when driving at night.

Be aware of **driver fatigue.** Make arrangements for someone else to take the wheel.

Windshields that appear clean during the day may reveal streaks that can cause glare at night.

Dirty mirrors are just like a dirty windshield and can reflect and distort light that distracts the driver.

LEARN MORE and Source: driving-tests.org/beginner-drivers/driving-at-night/ and popularmechanics.com/cars/how-to/g106/10-safety-tips-for-driving-after-dark/

Wear Something Gaudy Day on October 17th.



Ever wish there was more than one day a year where you could take all the conventions of proper dress and throw them out the window? Wish no more! Wear Something Gaudy allows you to let all your best examples of excruciatingly bad taste hang out for the world to see.

Source/Photo: daysoftheyear.com/days/wear-something-gaudy-day/

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