

Driving in the Dark or Night Driving



Drive Smart After Dark | Tips for Safely Driving at Night

Driving at night presents unique challenges—reduced visibility, glare from headlights, and increased fatigue. Below are some essential safety tips to keep you and others safe on the road after dark.

General Tips

Keep Your Headlights Clean and Properly Aimed | Dirty or misaligned headlights can reduce your visibility and blind other drivers. Clean them regularly and check that they're aimed correctly to light up the road without causing glare.

Go back to drivers' education; where you learned not to stare into oncoming headlights to avoid the blindness from the glare. The tip was to look at the road lines on the right side of your car.

Dim Your Dashboard and Avoid Glare | Bright interior lights or screens can cause eye strain and make it harder to see outside. Dim your dashboard and avoid looking directly at oncoming headlights.

Watch for Pedestrians and Animals | Pedestrians, cyclists, and animals are much harder to see at night. Stay alert, especially in poorly lit or rural areas. Use high beams when safe to do so, but dim them for oncoming traffic. Be extra defensive. Stay alert!

Slow Down and Increase Following Distance | Nighttime reduces your reaction time due to limited visibility. Drive a bit slower and increase the space between you and the vehicle in front to give yourself more time to react. This is especially important in unfamiliar areas or rural areas with fewer road signs and road reflectors.

Don't Drive Drowsy | Fatigue significantly impairs your reaction time and decision-making. If you feel tired, pull over in a safe area and rest or switch drivers if possible.

Some tips to stay awake: take breaks to get out and stretch your legs or a short nap, open a window for air flow, have your favorite music or exciting audio book available.

Keep Your Windshield and Mirrors Clean | Streaks and smudges can create glare from lights, making it even harder to see clearly at night. Clean all glass surfaces inside and out.

Avoid Distractions | Night driving demands your full attention. Keep your phone out of reach and focus on the road. If you have passengers, remember your job is driving.

Never drive impaired | The rate of fatal crashes involving alcohol is almost four times higher at night than during the day. If you plan to drink, have a designated driver or use a ride-share service. You can also use a service such as Uber or Lyft.

Perform Regular Vehicle Maintenance | Ensure your headlights, taillights, brake lights, and turn signals are all working properly. Tires and brakes should be in good condition to handle any sudden stops or slick roads.

Vehicle and visibility preparation

Check your exterior lights | Ensure your headlights, tail lights, and turn signals are all clean and working properly. Cloudy or yellowed headlights should be restored or replaced to maximize illumination.

Remember the interior lights as well. Reduce the brightness of your dashboard lights to prevent your eyes from being distracted or disoriented when shifting focus from the dark road to the dashboard.

Limit the use of Dark Tints and Sunglasses | Avoid heavily tinted windows at night—they reduce your visibility. If you wear glasses, consider getting an anti-reflective (AR) coating to minimize glare.

Know when and how to use your high beams | Use high beams on open, unlit roads to see farther ahead. Switch to low beams when you are within 500 feet of an oncoming vehicle or when following another car. As you don't like high beams aimed at you, consider the other driver having to deal with your high beams.

Keep windows and mirrors clean | A dirty windshield or side mirror can scatter light and create glare, making it harder to see. Regularly clean both the inside and outside surfaces. The same can apply to scratch or damages glass. You can also look into anti-fog/smear treatments.

Adjust mirrors properly | Make sure your side mirrors are correctly angled to minimize glare from the headlights of cars behind you. Position your rear view mirror to the “night” or auto-dim setting. Keep mirrors clean to avoid distorted reflections.

In case of an emergency

Pull over safely | If your car breaks down, get as far off the main road as possible. Unless you're in immediate danger (e.g., smoke, fire, or unsafe location), it's often safest to stay inside your vehicle with doors locked and seatbelt fastened.

Increase your visibility | Turn on your hazard lights and interior dome light. Use flares or reflective triangles if you have them to warn other drivers.

Call for Help | Use your phone to contact roadside assistance, emergency services (911), or a trusted contact. If you're in an unfamiliar area, use a map or app to share your exact location. Some insurance providers and car manufacturers offer emergency buttons or services—know how to use them.

Stay with your vehicle | Remain inside your car until help arrives. If you must exit, carry a flashlight and walk on the left shoulder, facing traffic.

Use Your Emergency Kit | Keep an emergency kit in your car. Make yourself familiar with the contents and how to use them. Also, save your car's battery by turning off unnecessary electronics such as the AC or radio. If you're in a safe location, you can also turn off your headlights.

Sources: ChatGPT and an open Google AI search.

National Mad Hatter Day



National Mad Hatter Day celebrates the Mad Hatter, from Alice In Wonderland. The original picture of the Mad Hatter by John Tenniel in Alice's Adventures In Wonderland (more commonly known as Alice In Wonderland, by Lewis Carroll) always depicts him wearing a hat, bearing the note "In This Style 10/6".

daysoftheyear.com/days/mad-hatter-day/

LarryHelms.com - Our Team can find the right solution for you!

Pedro Blancas



Producer

📞 704.893.2793 x310

Teri Bunch



Producer

📞 704.893.2793 x301

Bryant Dennis



**Personal Lines
Account Manager**

📞 704.893.2793 x320

Monica Haggist



Account Manager

📞 704.893.2793 x316

Crystal Hartis



**Commercial Lines
Account Manager**

📞 704.893.2793

Paul Kaperonis



Producer

📞 704.893.2793 x308

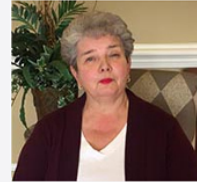
Karen Loughery



**Personal Lines
Account Manager**

📞 704.893.2793 x314

Lettie Palmer



**Commercial Lines
Account Manager**

📞 704.893.2793 x302

Meredith Privette



**Commercial Lines
Account Manager**

📞 704.893.2793

Robert Ross



Producer

📞 704.893.2793 x304

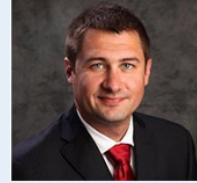
Dolores Serrano



**Commercial Lines
Account Manager**

📞 704.893.2793 x306

Chris Webb



Producer

📞 704.893.2793 x305

Larry S. Helms
& Associates
INSURANCE SERVICES

Larry S. Helms & Associates Insurance Services
4389 Indian Trail Fairview Rd., Suite 2, Indian Trail, NC 28079

704.893.2793

