

Job Name: _____ Job Site Location: _____

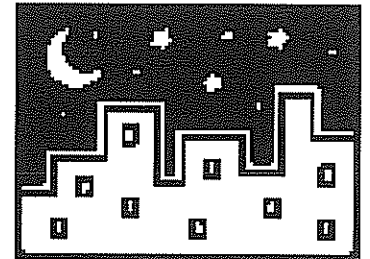
Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

Topic 206: Night Driving

Introduction: Only one-third of our driving is done in darkness, however, nearly two-thirds of all fatal traffic accidents occur at night. Reduced visibility, glare from oncoming headlights, and unseen objects in the road all combine to make night driving hazardous. In the late afternoon, as soon as the light begins to fade, turn on your headlights to make your vehicle more visible to others. You must use headlights from sunset to sunrise, but be aware that other drivers may not have turned on their headlights yet. Follow the rules below when driving at night:

Headlights are a poor substitute for daylight so:

- Never drive so fast that you cannot stop within the distance that you can see ahead with your headlights.
- Use **low beams** when driving on city or town streets.
- Use **high beams** on highways when no other vehicle is coming toward you within 500 feet.
- **Switch to low beams** whenever you meet oncoming traffic to avoid blinding the other driver.
- **When following** another car, use low beams whenever you are within 200 feet.
- **When driving in heavy rain** at night, use your high beam lights.
- **When driving at night** in fog or snow, use your low beams or the light may be reflected back at you and actually reduce your visibility.
- **Many animals** are more active at night and are harder to see; be alert for animals on the road, especially in wooded and rural areas.



If the high beams of an oncoming car are not dimmed:

- **Avoid looking** directly at the bright lights.
- **Do not flash your high beams** at the oncoming car to alert the other driver, or leave your high beam lights on.
- **Glance to the side** of the road, at the right side road line. This will allow you to guide your vehicle and keep your vision from being greatly effected.
- **Keep doing this** until you have passed the other vehicle.



Do not become a victim of "Highway Hypnosis" (a trance-like state that can occur during a long period of highway driving). Anytime you become tired while traveling:

- **Pull over and rest.**
- Use the **radio** and cool, fresh air to ward off highway hypnosis.
- **Stop every hour** to walk and exercise; this will help you to stay alert.
- **Try to reduce** your night time driving by scheduling tasks during the day.
- Use your **visor** to cut down on glare from other traffic.
- **Inspect your vehicle** lights regularly to ensure they are all clean, working properly, and have no broken lenses. Keep your headlights properly adjusted.
- **Keep your windows** clean. Replace cracked glass which can reflect glare from other vehicle lights.
- **Never take any medication** that may impede your judgment or make you sleepy.



Conclusion: Fatigue and the corresponding lack of alertness are a greater hazard at night. Drivers may not see or respond to road hazards as quickly in the darkness, and your body's clock may tell you it's time to sleep. Do not start driving when you are already tired. Remember to wear your seatbelt.

Work Site Review

Work-Site Hazards and Safety Suggestions: _____

Personnel Safety Violations: _____

Employee Signatures: _____
(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)

City of San Angelo Foreman/Supervisor's Signature: _____

These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.