



LIGHTING

VISION

People cannot see as sharply at night or in dim light. Also, their eyes need time to adjust to seeing in dim light. Most people have noticed this when walking into a dark movie theater.

GLARE

Drivers can be blinded for a short time by bright light. It takes time to recover from this blindness. Older drivers are especially bothered by glare. Most people have been temporarily blinded by camera flash units or by the high beams of an oncoming vehicle. It can take seconds to recover from glare. Even 2 seconds of glare blindness can be dangerous. A vehicle going 55 mph will travel more than half the distance of a football field during that time. Do not look directly at bright lights when driving. Look at the right side of the road. Watch the sidelines when someone coming toward you has very bright lights.

LIGHTING

- Park In the daytime there is usually enough light to see well. This is not true at night. Some areas may have bright streetlights, but many areas will have poor lighting. On most roads you will probably have to depend entirely on your headlights.
- Less light means you will not be able to see hazards as well as in daytime. Road users who do not have lights are hard to see. There are many accidents at night involving pedestrians, joggers, bicyclists, and animals.
- Even when there are lights, the road scene can be confusing. Traffic signals and hazards can be hard to see against a background of signs, shop windows and other lights.
- Drive slower when lighting is poor or confusing. Drive slowly enough to be sure you can stop in the distance you can see ahead.

VEHICLE FACTORS

HEADLIGHTS:

- At night your headlights will usually be the main source of light for you to see and for others to see you. You cannot see nearly as much with your headlights as you can see in the daytime. With low beams you can see ahead about 250 feet and with high beams about 350–500 feet. You must adjust your speed to keep your stopping distance within your sight distance. This means going slow enough to be able to stop within the range of your headlights. Otherwise, by the time you see a hazard, you will not have time to stop.
- Night driving can be more dangerous if you have problems with your headlights. Dirty headlights may give only half the light they should. This cuts down your ability to see and makes it more difficult for others to see you. Make sure your lights are clean and working. Headlights can be out of adjustment. If they do not point in the right direction, they will not give you a good view and can blind other drivers. Have a qualified person make sure they are adjusted properly.

TURN SIGNALS AND BRAKE LIGHTS:

At night your turn signals and brake lights are even more important for telling other drivers what you intend to do. Make sure you have clean, working turn signals and stop lights.

OTHER LIGHTS:

For you to be seen easily, the following must be clean and working properly: reflectors, marker lights, clearance lights, taillights, identification lights

Name: _____

Date: _____

Team Safe Trucking's mission is to reduce accidents through enhanced driver training and effective fleet management and to recruit new, safety-focused drivers to deliver a sustainable and profitable supply chain.



LIGHTING

WINDSHIELD AND MIRRORS:

It is more important at night than in the daytime to have a clean windshield and clean mirrors. Bright lights at night can cause dirt on your windshield or mirrors to create a glare of its own, blocking your view. Most people have experienced driving toward the sun just as it has risen or is about to set and found that they can barely see through a windshield that seemed to look OK in the middle of the day. Clean your windshield on the inside and outside for safe driving at night.

PRE-TRIP PROCEDURES

Make sure you are rested and alert. If you are drowsy, sleep before you drive. Even a nap can save your life or the lives of others. If you wear eyeglasses, make sure they are clean and unscratched. Do not wear sunglasses at night. Do a complete pre-trip inspection of your vehicle. Pay attention to all lights and reflectors and clean those you can reach.

AVOID BLINDING OTHERS

Glare from your headlights can cause problems for drivers coming toward you. Headlights also can bother drivers going in the same direction as you when your lights shine in their rearview mirrors. Dim your lights before they cause glare for other drivers. Dim your lights within 500 feet of an oncoming vehicle and when following another vehicle within 500 feet.

USE HIGH-BEAMS

Some drivers make the mistake of always using low beams. This seriously cuts down on their ability to see ahead. Use high beams when it is safe and legal to do so. Use them when you are not within 500 feet of an approaching vehicle. Also, do not let the inside of your cab get too bright. This makes it harder to see outside. Keep the interior light off and adjust your instrument lights as low as you can and still read the gauges.

Name: _____

Date: _____

Team Safe Trucking's mission is to reduce accidents through enhanced driver training and effective fleet management and to recruit new, safety-focused drivers to deliver a sustainable and profitable supply chain.