5 TIPS FOR SAFE NIGHT DRIVING

1 ENSURE PROPER VISION

- Clean your windshield, mirrors and headlights to remove any dirt, debris, or fog that might obstruct your vision.
- Check and align your headlights to ensure they're properly aimed and provide adequate illumination. avoid using high beams when there is oncoming traffic to prevent blinding other drivers.
- If you wear glasses or contacts - make sure your prescription is up to date and suitable for night time driving.

2 MANAGE FATIGUE

- Get enough rest before embarking on a nighttime journey. Fatigue can significantly impair your reaction time and decision-making abilities.
- Take regular breaks during long drives (every 2 hours) to stretch your legs, refresh yourself and combat drowsiness.
- If you feel excessively drowsy or tired, it's safer to pull over at a rest area or find suitable accommodations until you're well rested.

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3 INCREASE AWARENESS

- Stay focused and attentive while driving at night. Eliminate distractions such as mobile phones and limit conversations to mininise cognitive load.
- Be extra cautious at intersections and watch forpedestrians, cyclists, or animals that may be more difficult to spot in low-light conditions.

4 ADJUST YOUR DRIVING TECHNIQUE

- Reduce your speed to account for decreased visibility and the potential presence of unexpected obstacles.
- Increase your following distance to allow for a longer stopping distance. This gives you more time to react to sudden events on the road.
- Use your interior & exterior mirrors regularly to maintain awareness of your surroundings.

5 USE YOUR LIGHTS

- Dim your dashboard lights to reduce glare within the vehicle and enhance external visibility.
- Avoid looking directly into headlights of oncoming traffic.
- Use your indicators well in advance to give other drivers ample time to react and adjust their driving accordingly.

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