



# ROAD SAFETY

## NIGHT DRIVING



MY SAFE ROAD COMPANION

### PRE-TRIP PREPARATION



#### MAXIMIZE VISIBILITY

Clean the windshield, mirrors, and headlights. Ensure that the headlights are adjusted to the correct angle.



#### DRIVER ALERTNESS

Get 7-9 hours of sleep before hitting the road. Do not neglect your regular eye examinations.



#### DIM INTERIOR LIGHTING

Dimming the dashboard lights increases your focus on external road factors and reduces eye fatigue.



### SAFE DRIVING STRATEGIES

#### Double Your Following Distance



Increase the standard 3-second rule used during the day to at least double (6 seconds) at night.



#### Avoid Being Blinded by Lights

Do not look directly at oncoming headlights. Instead, focus on the road markings.



#### Avoid Dangerous Hours

Nighttime is the period with the highest density of drunk drivers on the road.

### HEADLIGHT USAGE AND VISIBILITY RANGE



**Low Beams**  
75 - 90 Meters.

In urban areas and when there is oncoming traffic.



**High Beams**  
Approximately 150 Meters.

On empty and unlit (dark) roads.

