

ROAD SAFETY

NIGHT DRIVING



MY SAFE ROAD COMPANION

1. PRE-TRIP PREPARATION



MAXIMIZE VISIBILITY:
Clean windshield, mirrors, headlights.
Ensure proper alignment.



DRIVER ALERTNESS:
Get 7-9 hours of sleep.
Regular eye exams.



DIM INTERIOR LIGHTS:
Lower dashboard brightness to reduce eye fatigue.

2. TECHNICAL ADJUSTMENTS

HEADLIGHT LEVELING

| | | |
|---|-------------------------------------------------------------------------------------|---------------------------|
| 0 |  | Driver only |
| 1 |  | Full seats |
| 2 |  | Full load + trailer |
| 3 |  | Full load + large trailer |

REARVIEW MIRROR "NIGHT MODE"



Flip the manual lever to reduce glare.

3. SAFE DRIVING STRATEGIES



DOUBLE FOLLOWING DISTANCE:
Increase to at least 6 seconds at night.



AVOID GLARE:
Don't look at oncoming high beams; focus on road markings.



AVOID DANGEROUS HOURS:
Be extra cautious between 00:00 – 03:00 (high alcohol risk).

4. KEY STATISTICS



50% of all traffic fatalities occur at night.



Alcohol-related fatal accident risk is 3x higher at night.



Young drivers face a 3x higher risk at night.