

Environment aware:

Night driving

Use this guide to help lead a discussion with employees to raise awareness about potential hazards when driving at night. Empower them with strategies to minimize risks and become safer drivers. Use the form on Page 2 to record meeting details.

Driving at night can be more dangerous than driving during the daytime due to several factors. Review these key safety tips with drivers before they hit the road at night.

1 Avoid drowsy driving:

- Prioritize getting enough sleep before your shift—aiming for 7-9 hours of quality sleep.
- During long drives, take regular breaks to stretch, hydrate, and rest. If possible, switch drivers to prevent exhaustion.
- Watch for fatigue as it impairs your reaction time and decision-making abilities. Yawning, heavy eyelids, forgetfulness, and drifting out of your lane are signs that you need rest.

2 Avoid impaired vision:

- Adjust dashboard lights and dim to a comfortable level.
- Avoid glare and focus on the right edge of the road to prevent direct light from oncoming headlights.
- Clean your windshield as dirt and smudges reduce visibility, especially when headlights reflect off the glass.
- Consider vision changes. As we age, night vision may decline. Older drivers might need more light to see clearly due to cataracts and other eye conditions.

3 Be extra vigilant:

- Watch for animals that may be more active at night. Scan the road and be prepared to brake.
- Drive within your headlight range (about 500 feet with high beams, 250 feet with normal headlights). With less visibility, drivers have less time to react to obstacles or animals on the road, especially when driving at higher speeds.
- Late-night hours increase the likelihood of encountering impaired drivers. Maintain a safe following distance and stay alert.

4 Inspect your lights:

- Regularly inspect and clean your lights, dirty headlights will not illuminate the road as well as clean ones.
- Proper illumination helps other drivers see you clearly. Replace any light that is not working before driving.
- Ensure your headlights are aimed correctly to illuminate the road without blinding others.

5 Increase your following distance:

- Maintain a safe following distance (e.g. one vehicle length for every 10 mph or 60 mph, 6 vehicle lengths).
- Increased following distance reduces the risk of collision or jackknifing during sudden stops.

For additional information related to driver safety, visit MyNSightOnline.com/DriveThe5

For further guidance, refer to the National Safety Council Driving at Night (nsc.org/road/safety-topics/driving-at-night).



For assistance with risk management services or safety resources, contact us at RMSolutions@nationwide.com or 1-800-260-1356.

Toolbox Talk

Date: ____/____/____

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Discussion notes:
