

SAFE DRIVING AT NIGHT

Safety Bulletin

Understanding the risks and challenges when driving at night

Data from RoSPA shows that every year when the clocks go back and evenings are darker earlier, there's a spike in the number of vulnerable road users killed or injured.



How is driving at night different from the day?

- ✓ Your depth of perception can be worse as there is reduced light levels.
- ✓ Drivers commonly experience more fatigue in the evenings.
- ✓ Seasonal changes to weather can make road surfaces freeze.
- ✓ Road constructions are more common and cause road closures.
- ✓ Drivers become more dazzled by vehicle's headlamps.
- ✓ More drivers under the influence of alcohol in evenings.



Drive with caution & anticipate!

A common misconception for drivers is that they should drive the same way as they do during the day. Don't make the mistake of underestimating the dangers!



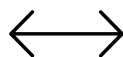
Slow down

At night, you can't see potential hazards until they're much closer. By slowing down and staying within the speed limit, you'll give yourself more time to be proactive.



Leave space

Take care to leave extra space between your vehicle and other road users. If you have limited visibility, not having enough space can lead to an incident.



Take breaks

If you're tired, try not to drive. If you have to make the journey, take regular breaks to sleep, take a short walk, get some fresh air, or have a coffee.



Our Services +

Applied Driving is a leading, global provider of driver safety and performance management solutions. Our dynamic approach analyzes the risks your drivers face and, in turn, gives us information on how to mitigate these risks through best-practice solutions. For detailed information on all our services please get in touch with our team by email or visit our website.

- Driver Risk Assessments
- Grey Fleet Management
- Fleet Safety Audit
- Licence Checking
- Global License Monitoring
- Driver Training



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