

# DRIVING IN THE DARK

As we get closer to the end of the year, the days are getting shorter and it's getting darker earlier.

This means we need to be extra cautious while driving as the risk of vehicle incidents greatly increases when driving in low light conditions.

## SAFETY TIPS FOR DRIVING IN THE DARK:

- PEDESTRIAN SAFETY
- DRIVING AFTER DARK
- AVOID DRIVING WHILE FATIGUED



**BC Forest Safety**

Safety is good business

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## PEDESTRIAN SAFETY

Pedestrian safety is a two-way street. ALL road users need to do their part to make roadways safe.

- Focus on the road. LEAVE YOUR PHONE ALONE WHILE DRIVING.  
#LeaveYourPhoneAlone
- Be prepared to yield to pedestrians, especially when turning at intersections and near transit stops.
- Use patience and caution if a vehicle is stopped in front of you or in the lane next to you. They may be yielding for a pedestrian.
- Be hyper-vigilant at Halloween and look out for trick-or-treaters crossing or darting into roads.
- Always expect the unexpected as pedestrians may not always use crosswalks.



#LeaveYourPhoneAlone

## DRIVING IN THE DARK

- Make sure your headlights are clean and working properly. Turn on the headlights before sunset and keep them on one hour after sunrise.
- Dim the lights on your dashboard to help reduce reflections and improve the visibility of your surroundings.
- Look to the right edge of the road when oncoming headlights are coming towards you so you aren't blinded.
- Don't blind drivers ahead of you — keep your headlights on low beam.
- Keep your windshield as clean as possible, especially at night.
- Drive slower than you usually do to compensate for limited visibility.
- Watch out for pairs of smaller bright spots in the distance. There may be an animal on the road.
- If you're driving during rush hour, slow down and stay alert. Everyone should be more cautious, even on familiar routes.

## AVOID DRIVING WHILE DROWSY OR FATIGUED

- Getting a sufficient amount of sleep is critical to maintaining focus and staying alert while driving. Seven to nine hours of sleep a night is recommended.
- Stop for a break every 150kms (or every two hours) to recover both mentally and physically.
- Avoid driving during hours you normally sleep. If its unavoidable, drink a caffeinated beverage to help you stay awake.
- If you're feeling drowsy, pull over and take a nap. Better safe than sorry

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