

*As it gets darker, it gets harder to see and drive safely; Studies have shown fatal accidents are three times more likely to occur at night compared to during the day!* Here are some tips to stay safe when driving at night:

## Drive defensively

Defensive driving is maintaining attention, concentration, and awareness of your surroundings while operating a motor vehicle. In the dark, pedestrians, cyclists, and animals can be harder to see.

- Be vigilant and scan the environment frequently.
- If you see a driver swerving, speeding, or otherwise driving unsafely, increase your distance from them.
- Increase your follow distance to a minimum of three seconds of travel time behind the vehicle in front of you.



## Minimize distractions

Distractions like using electronic devices, eating, or engaging in conversations can divert attention from driving.



Turn your phone onto do not disturb, eat easy to manage snacks if necessary, and let your passengers (if you have them) use a GPS or map to help guide you so you can fully focus on driving.

*If your car has a dashboard display, disable or turn it off if possible.*

## Stay informed about road conditions

Prior to starting their car, check weather forecasts, road closures, and traffic updates to anticipate potential challenges. Weather conditions like rain, fog, or snow, and significantly impact visibility and road traction, which increases the risk of incidents.



## Ensure proper visibility



Regularly check your headlights, taillights, brake lights, and turn signals to make sure they function correctly and are bright enough.

Dirt, debris, and condensation on the windshield that's hardly noticeable during the day can severely impair visibility in the dark. Drivers should regularly clean their windows and mirrors, inside and out.

## Don't drive while drowsy

Another dangerous aspect of driving in the dark is being drowsy. If you're driving and have any of these common signs of drowsiness, you should take the next possible opportunity to stop and rest:

- Frequent yawning
- Feelings of dozing off
- Tired eyes, droopy eyes, or an increase in blinking
- Drifting into other lanes or hitting "rumble strips" on the road.
- Inability to remember the last few kilometers
- Difficulty maintaining proper speed or following other cars too closely.