



NIGHT OPERATION

FACTORS THAT IMPACT SAFE NIGHT DRIVER OPERATION

FATIGUE: Fatigue and lack of alertness is just as dangerous as driving under the influence of alcohol or drugs. If you are tired, you will be more prone to judgement errors related to speed and distance.

LACK OF ALERTNESS: There are other variables that impact your level of alertness. These include illness, repetitive tasks, medical conditions, and medications. To help yourself stay alert, keep moving, help on the job, or take a short walk.

CAUSES OF FATIGUE: For your safety and the safety of the public, it is important to understand some of the causes of fatigue. Lack of food, dehydration, and lack of sleep can impact your level of fatigue and alertness.

CHANGES IN VISION AT NIGHT

VISION AT NIGHT: Seeing is critical to safe driving. Every single action you take while driving is based on what you see, so if you cannot see clearly, you may have trouble responding to problems in a timely or safe manner. So, remember braking, accelerating, turning or any other driver function is based on what you see.

VISION, KEEP IT IN CHECK: If you wear glasses or contacts it is important you wear them as prescribed for safe driving. If you driver's license says corrective lenses are needed, then it is illegal to move a vehicle without wearing lenses. Be prepared by keeping an extra set of your lenses in your cab, so if something should happen to your regular lenses, you will have a backup to drive legally. It's important to note that tinted lenses cut down on the light you need to see clearly under night driving conditions, so please avoid wearing those when driving at night.

BLURRED VISION: If you notice your vision is blurring, pull over immediately and park. Blurred vision is a sign you are becoming tired. It is paramount that you recognize the danger and pull over for your safety and the safety of others.

GLARE: Glare is excessive, blinding brightness caused by the sun, or at night, artificial light. Glare can happen at any time, but when it happens at night it usually is unexpected. You may be driving around a corner and be struck by the glare of an oncoming vehicle's headlights. Glare at night can impede your vision and it will take you several seconds to recover from the effects. Just two seconds of glare blindness can be dangerous when you consider a vehicle traveling at 55 miles per hour will travel more than half the distance of a football field during that period. Slow down when you think you might expect to experience the impact of glare.

FACTORS THAT IMPACT THE VEHICLE AND ROADWAY

COMMUNICATION: Night can have an impact on your ability to communicate properly with those working and traveling around you. When operating at night, your communications are limited to your horns and your lights. Make sure all your lights and reflectors are in proper working order and that your horns are in tip top shape.

IN THE WOODS: When working in the woods during the day, eye contact is key when communicating with crew members who are operating equipment. However, communicating with eye contact will not exist during night operations. Take the necessary steps to ensure others understand what is going on, via radio or cell phone communication after you have stopped.

SIGNALS: Use your signals earlier to give additional time to account for darkness.

KEEP IT CLEAN: In order for others on the road to see you easily, keep the following clean and working properly: Reflectors, Marker lights, Clearance lights, Taillights, Identification lights and a strobe light for overhanging loads

Team Safe Trucking's mission is to reduce accidents through enhanced driver training and effective fleet management and to recruit new, safety-focused drivers to deliver a sustainable and profitable supply chain.

PROPER USE OF LIGHTS

HEADLIGHTS: When driving at night your headlights will be your primary source of light. Your ability to see will be the distance that your headlights illuminate in front of you. That distance is 250 feet for low beams and 350-500 ft. for high beams. Make sure you are keeping your stopping distance according to the illumination distance of your headlights at any given time. Drive slow enough to be able to stop within the range of your headlights. When traveling on a wood road, you must leave enough time to stop and move to the side of oncoming traffic. Headlights can be jolted out of adjustment impacting the beam of light. This can have a negative impact on what you are able to see, as well as blind other drivers in your path. Have your mechanic occasionally adjust them. Check for problems with your headlights and repair immediately. Traveling on a wood road will create a film of dirt over the headlights making it harder for you to see and for others to see you. Keep cleaning fluid in your cab to clean your headlights regularly, keep in mind dirty headlights cut their effectiveness in half.

TURN SIGNALS: Checking for damage and cleaning your turn signals and other lights can reduce the risks of a misunderstanding which can lead to an unnecessary accident. Others on the road need to be able to know what you are about to do. So, if a turn signal is in disrepair or filthy your warning may go unnoticed and lead to an accident or even death.

REFLECTORS: The dangers around night driving are exaggerated if the reflectors, lights and mirrors on your truck and trailer are not maintained properly. Working in the woods you are prone to accidental breakage and soil. Checking for damage and cleaning your turn signals and other lights can reduce the risks of a misunderstanding which can lead to an unnecessary accident

NIGHT-TIME DRIVING PROCEDURES

VEHICLE PROCEDURES: Make sure you are well rested. Even a quick nap can make the difference between life and death. If you wear glasses, make sure they are clean and remember to never wear tinted lens while night driving. Do a complete vehicle check, tractor, and trailer. Check all the lights and reflectors for cleanliness or damage.

AVOID BLINDING OTHERS: Glare can kill, so avoid causing glare for others, whether oncoming or from behind. Dim your headlights as soon as possible for oncoming traffic. Be aware, when approaching vehicles from behind, that your headlights can also cause glare in the review mirror for unsuspecting drivers. Dim your headlights within 500 feet of an oncoming vehicle and when following another vehicle within 500 feet.

AVOID GLARE FROM ONCOMING VEHICLES: Never look directly at the lights of an oncoming vehicle. Look slightly to the right lane or an edge marking, if possible. Never flash your high beams at someone for forgetting to dim theirs. Two wrongs absolutely do not make a right, and you may have to live with the unintended consequences of blinding another driver with glare.

USE HIGH BEAMS WHENEVER POSSIBLE: Drivers often get used to always driving with low beams. This is a dangerous mistake. It limits your ability to see when night driving. Please make sure to get in the habit of using your high beams when it is safe and legal to do so. You can safely always drive with your high beams on until you are within 500 feet of an oncoming vehicle or when you are coming within 500 feet of someone driving in front of you. Please also note that too much light in your cab can inadvertently limit what you can see outside of your cab. So, make sure that your instrument lights are dimmed as low as possible and never drive with an interior light on.

SLEEPINESS: If you find yourself getting sleepy, STOP IMMEDIATELY at the nearest safe place to rest. When you feel like you are getting tired, take this as a warning, for drivers never know that minute when they are about to fall asleep. If you find your eyelids getting heavy, never take that chance with your life or the lives of innocent people around your rig. Stop and sleep, it is the only cure for sleepiness and dissolving a dangerous situation.

NEW TECHNOLOGY: Microsleep is a short period of time, only a couple of seconds, before a driver falls asleep. There is new technology available that can alert the driver or support staff that they are at risk of falling asleep. Through eye and face tracking technology these new innovations can save lives.

Name: _____

Date: _____

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