

# Nighttime Driving

Driving at night is more dangerous and puts an operator and their passengers at a greater risk. Hazards cannot be seen as quickly at night and can catch the operator by surprise, leaving less time to respond accordingly.

Factors to be considered when driving at night:

- Vision and glare
- Fatigue
- Roadway factors
- Impaired drivers
- Headlights and other vehicle lighting
- Windshield and mirrors

The operator's control of the brake, accelerator, and steering wheel depends on what the operator can see. Dirty windshields or improper mirror adjustments contribute to poor vision, and vision is critical to safe operation. Always wear corrective lenses when prescribed.

On most roadways, the operator relies entirely upon the headlight lighting. Drive slowly enough to be able to stop within the distance illuminated by the bus's headlights. Do not drive beyond the illumination of your own headlights, such as using the lighting of the vehicle in front of you. Ensure that all of the proper vehicle lighting is operational.

Watch for drivers who have trouble staying in their own lanes, drive too slowly, or cross lanes, especially during the hours bars or taverns close.



# Fatigue

Fatigue is a physical or mental tiredness and might be caused by lack of sleep, overexertion, a large meal, or even an underlying health condition. It could be due to unhealthy lifestyle choices, stress, or workplace problems. Fatigue affects your ability to make critical decisions with slowed reactions to roadway hazards.

**When you are tired, get off the road!**

Signs of fatigue:

- Slowed reflexes and response
- Impaired vision or blurriness
- Poor concentration
- Tiredness or sleepiness
- Trouble remembering the last few miles driven
- Disorientation

To prevent fatigue and maintain alertness while driving, prepare the route according to distance and plan rest stops. Plan ahead and get adequate sleep **BEFORE** the trip.

