

# Safe driving at night



## Understanding the risks and challenges when driving at night

Data from The Royal Society for the Prevention of Accidents shows that every year, when clocks go back and evenings are darker earlier, there is a spike in the number of vulnerable road users killed or injured.

## How is driving at night different from the day?

- Depth of perception is reduced due to reduced light levels
- Drivers experience more fatigue in the evenings
- Clocks go back and evenings are darker earlier
- Road constructions are common and can cause road closures
- Drivers can be dazzled by vehicle headlamps
- Drivers under the influence of alcohol can be more prevalent

## Things to remember when driving at night



### Drive with caution

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



### Slow down

At night, potential hazards are harder to see until they're much closer. Slow down and stay within the speed limit, you'll give yourself more time to be proactive.



### Leave space

If you have limited visibility, it's important to leave extra space between your vehicle and other road users.



### Take breaks

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



Out of the **34 million drivers** in the United Kingdom, **17 million** struggle to see at night. Not only this, but the accident fatality rate is reportedly **three times** greater at night than during the day.

By taking some extra precautions, we can all contribute to reducing these numbers.

Source: [www.brake.org.uk](http://www.brake.org.uk)

