

# SAFETY AWARENESS

Brief Topic Safety Refresher Training For Associates

2024

## Dealing With Sun Glare

Driving a truck comes with a number of constant hazards that you need to be aware of in order to keep yourself and others on the road safe. One hazard that can lead to serious accidents is sun glare and its effect on your vision.

### Shedding Light on the Issue

According to the National Highway Transportation Safety Administration, sun glare is listed as a contributing factor for hundreds of accidents each year, but the American Automobile Association believes the number to be higher.

The National Institute of Health conducted a study from 1995 to 2014 that looked at over 11,000 life-threatening crashes. Conditions included bright sunlight in approximately one-third of the accidents.

### Bright Ideas

While sun glare is something that you do not have control over, it will not necessarily be constant. You may be driving for a considerable time or distance without an issue, but all it takes is for a cloud to move or for you to make a turn for sun glare to suddenly hinder your vision. Drivers should be prepared for sun glare and take the following precautions to limit its effects:

- Take it slow. When sun glare becomes an issue, one of the first things you should do is drive slower and leave more space between you and the vehicle in front of you. If your vision is hindered, you'll lose reaction time and therefore be at more risk of being involved in an accident.
- Use polarized sunglasses. Wearing polarized sunglasses will eliminate glare that reflects off of surfaces such as the windows of other cars, wet pavement and even your own dashboard.
- Keep windows clean. Dirty windshields and windows can make it especially difficult to see through sun glare. Take the time to clean your windows before you get on the road.
- Clear the dashboard. Sun glare can bounce off of any reflective surface, so be cautious about keeping anything on your dashboard that could create an issue.
- Utilize guidelines. If sun glare is making it difficult for you to see the road, use lane markings to make sure that you are staying straight.
- Control what you can. Sunlight is out of your control, but you may be able to at least optimize when and how you deal with it. If possible, avoid driving when the sun is at its brightest or just above the horizon. In addition, try to find routes that allow you to travel north and south so that you can avoid driving directly into the sun.

### Sun Glare Summary

In conclusion, sun glare is just one of many factors that can endanger you and anyone else on the road. In order to stay safe, drivers need to understand how to deal with all kinds of suboptimal conditions. Sun glare can be constant, or it can show up unexpectedly and suddenly. As such, drivers should be prepared and take all necessary precautions to mitigate its effects.