

SAFETY AWARENESS

Brief Topic Safety Refresher Training For Associates

2024

Staying Safe While Driving at Night

The danger of driving at night is worse for trucks, which have longer stopping distances than a passenger car. Darkness makes it more difficult to see hazards, and the empty roads and lack of light can make a driver dangerously drowsy. Since your job requires that you drive after dark, it is important to remember the challenges you will face. Use these safety tips to prevent night driving accidents:

- Reduce your speed and following distance. When you travel over 50 mph in a heavy truck, you may not be able to stop once you see something in the range of your headlights.
- Turn on your headlights one hour before sunset and one hour after sunrise.
- Verify that all of your exterior lights are working properly.
- Do not look directly at oncoming headlights. Look toward the right side of the road, following the white line with your eyes.
- Keep your windows clean, as dirty windows can reduce visibility by up to 90%.
- Adjust your speed to dangerous weather conditions.
- Adjust your mirrors so that the view is just outside of the bodywork of the vehicle.
- Make sure that your headlights are properly aimed.
- Avoid smoking, as the nicotine and carbon monoxide hamper night vision.
- Keep your headlights on low beams when following other vehicles.
- If you have vehicle trouble, pull off the road as far to the right as possible and set up reflector triangles near your vehicle and up to 300 feet behind it. Call or radio for assistance.
- Make frequent stops to use the restroom, stretch your legs and have a snack to reduce fatigue.
- If you feel drowsy, stop and take a rest. Do not attempt to stay awake more than your body is able to.

Watch Your Hours

The Large Truck Crash Causation Study (LTCCS) reported that 13% of Commercial Motor Vehicle (CMV) drivers were considered to have been fatigued at the time of their crash. Many times, you will be expected to respect strict schedules. However, it is crucial that you always respect the Hours of Service (HOS) set by the Federal Motor Carrier Safety Administration. They are designed to protect you and other drivers on the road, and your failure to comply can result in hefty fines or losing your job. Your safety is our first priority!