



## Night Driving Safety

Driving at night presents additional challenges for professional drivers. Reduced visibility, glare from other vehicles, fatigue, wildlife, and changing weather conditions can significantly reduce the time available to identify and respond to hazards. Proper use of headlights, combined with appropriate speed and increased awareness, is essential to maintaining a safe operating environment after dark.

### Professional drivers should consider the following when operating at night:

- **Use high beams appropriately.** High beams can significantly improve visibility on dark, unlit roads. However, drivers must switch to low beams when approaching or following other vehicles. In Ontario, low beams are required when approaching an oncoming vehicle within 150 meters (approximately 500 feet), and when following another vehicle within 60 meters (approximately 200 feet), except when overtaking and passing. Drivers operating in other provinces or U.S. states should follow the applicable local requirements.
- **Use low beams in poor weather.** Fog, heavy rain, and snow can reflect high-beam light back toward the driver and reduce visibility. Low beams generally provide better visibility under these conditions.
- **Avoid overdriving your headlights.** Always operate at a speed that provides sufficient time and distance to identify a hazard, react, and safely stop within the area you can see ahead.
- **Keep headlights and reflective equipment clean.** Dirt, road salt, snow, and grime can reduce headlight effectiveness and make the vehicle less visible to others.

- **Keep the windshield and mirrors clean.** A dirty or streaked windshield can significantly increase glare from headlights and other light sources at night.
- **Reduce interior lighting.** Excessive dashboard or cab lighting can interfere with the driver's ability to see clearly outside the vehicle.
- **Increase following distance.** Reduced nighttime visibility makes it more difficult to identify hazards and judge distances. Additional space provides more time to react.
- **Watch for pedestrians, cyclists, wildlife, and disabled vehicles.** These hazards can be particularly difficult to identify at night, especially on rural or poorly illuminated roads.
- **Recognize fatigue early.** Night driving can increase drowsiness, particularly during the body's natural low-alertness periods. If fatigue begins to affect alertness, find a safe location to stop and rest.

Drivers should never allow the improved visibility provided by high beams to create a hazard for another road user. When faced with glare from an oncoming vehicle, avoid looking directly at the headlights and maintain attention toward the roadway and lane position.

### Reminder:

At night, your safe operating speed and following distance should be based on how far ahead you can see and not simply on the posted speed limit.

## Knowledge Verification



***Please answer, and forward a completed copy to your Safety Department/Safety Representative.***

1. A driver should operate at a speed that allows them to identify a hazard, react, and safely stop within the distance illuminated ahead. ☐ True ☐ False
2. High beams are generally more effective than low beams when driving in fog, heavy rain, or snow. ☐ True ☐ False
3. Drivers should dim their high beams when they could interfere with the vision of approaching or preceding drivers and follow the requirements of the jurisdiction in which they are operating. ☐ True ☐ False
4. Which of the following can reduce a driver's nighttime visibility?
- ☐ A dirty or streaked windshield
  - ☐ Excessive interior/dashboard lighting
  - ☐ Dirt, snow, or road grime on headlights
  - ☐ All of the above

Driver's Name:

Driver's Signature:

Witness Name:

Date:

## Online Learning Library

At Old Republic Canada, we value safety and education.

Our online Learning Library is a tool our customers can use to enhance their training efforts and keep safety on the forefront of their employees' minds. Below are some additional titles that can be accessed on any mobile device, computer, or tablet. Simply go to <http://orican.infinitt-i.net> to get started.

Value Driven Driving:

- Module 1 - Preventing Rear-End Crashes
- Module 2 - Preventing Loss of Control Crashes
- Module 3 - Preventing Lane Change Crashes



**Scan to view**

This material is intended to be a broad overview of the subject matter and is provided for informational purposes only. Old Republic Insurance Company of Canada does not provide legal advice to its customers, nor does it advise insureds on employment-related issues. Therefore, the subject matter is not intended to serve as legal or employment advice for any issue(s) that may arise in the operations of its insureds. Legal advice should always be sought from the insured's legal counsel. Old Republic Insurance Company of Canada shall have neither liability nor responsibility to any person or entity with respect to any loss, action, or inaction alleged to be caused directly or indirectly as a result of the information contained herein. Used with permission by Great West, An Old Republic Company.

Knowledge Verification  
1. True  
2. False  
3. True  
4. All of the above