

# Driving at night



## The dangers of driving are greater after dark

- When possible, stick to freeways and highways—they have better visibility, medians, and safety margins than rural or 2-lane roads.
- Slow down and do not over-drive your headlights. “Over-driving” occurs when it takes longer to stop than your headlights can illuminate. When you see something, it's too late.
- Maintain an adequate following distance from the vehicle ahead.
- Utilize your high beams when there is no opposing traffic.
- Don't stare directly at blinding, oncoming lights, but rather focus on the right edge of the road.
- Keep windshields, mirrors, and lights clean.



- Signs of drowsy driving include frequent yawning or blinking, eye rubbing, difficulty focusing on the road, drifting from a lane and hitting a rumble strip.<sup>2</sup>
- If feeling drowsy, find a safe place to park; take a short nap, short walk and stretch; drink a caffeinated beverage.
- Keep your eyes moving to help reduce eye fatigue.



**Watch for impaired drivers. 73% of alcohol-impaired fatalities occur at night!<sup>1</sup>**



- Peak times of hitting deer are 5:00-8:00 a.m. and 5:00-8:00 p.m.<sup>3</sup>
- 40% of deer collisions occur Oct.—Dec. <sup>3</sup>
- If you see one, there are likely to be more.



- 77% of pedestrian fatalities occur when it is dark, with a majority occurring between 6:00 p.m. and midnight.<sup>4</sup>
- The majority (73%) of pedestrian fatalities occur away from intersections.<sup>4</sup>



**Providing solutions to help our members manage risk.<sup>®</sup>**

For your risk management and safety needs, contact Nationwide Loss Control Services at 1-866-808-2101 or [MyLossControlServices.com](https://www.nationwide.com/MyLossControlServices.com).

<sup>1</sup> National Center for Statistics and Analysis. (2023, June). Alcohol-impaired driving: 2021 data (Traffic Safety Facts. Report No. DOT HS 813 450). National Highway Traffic Safety Administration.

<sup>2</sup> Tips for Staying Alert and Preventing Drowsy Driving, 11/5/2020, National Sleep Foundation

<sup>3</sup> Losses Due to Animal Strikes, Highway Loss Data Institute Volume 36, No. 4 May 2019

<sup>4</sup> Pedestrians, Traffic Safety Facts, 2019 Data, DOT HS 813 079, May 2021

The information used to create this brochure was obtained from sources believed to be reliable to help users address their own risk management and insurance needs. It does not and is not intended to provide legal advice. Nationwide, its affiliates and employees do not guarantee improved results based upon the information contained herein and assume no liability in connection with the information or the provided suggestions. The recommendations provided are general in nature; unique circumstances may not warrant or require implementation of some or all of the suggestions. Nationwide, the Nationwide N and Eagle, Nationwide is on your side and Providing solutions to help our members manage risk are service marks of Nationwide Mutual Insurance Company. © 2024 Nationwide CMO-2050AO (06/24)

