



PARENTS

Learn how your TEEN DRIVER can drive safely at NIGHT

Facts you should know:

Driving at night presents different challenges than driving during the day. Traffic fatalities at night are 3 times higher than during the day. Between 12 midnight and 6 a.m. is the riskiest time for crashes, because there are fewer drivers, yet more accidents than any other time of the day.

For the inexperienced teen driver, night-time driving can be dangerous due to decreased visibility and an increased risk of dozing at the wheel. At night, vision is severely limited. Drivers lose the advantage of color and contrast that is available during the day; depth perception and peripheral vision are also diminished.

As your teen is learning to drive, you should take time to make sure they understand the dangers of driving at night and are taking the proper steps to ensure a safe trip home.

Safety tips for safe nighttime driving:

Prepare your vehicle: Make sure the vehicle headlights are properly aligned. Properly aligned headlights will help drivers to see the road better and will help other drivers avoid glare. Ensure all other vehicle lights are in working order. Also, make sure the windows and headlights are clean: dirty windows can increase glare, making it more difficult to see and dirty headlights can reduce efficiency by as much as 90%.

Use your lights courteously: Refrain from flashing your high beams at oncoming traffic. Use your high beams whenever possible (visibility of 400-500 ft. compared to 200 ft. for low beams) without creating a traffic hazard for oncoming traffic or when following a vehicle.

Avoid glare: Do not look at oncoming headlights. Focus on the right side of the road, as staring directly into the head lights can blind you for up to 5 seconds. Familiarize your teen with dimming the dash lighting and utilizing the day/night feature on the rear view mirror.

Slow down and stay back: While you should never speed or tailgate other vehicles, doing so at night is even more dangerous because the lack of light makes it more difficult for you to gauge depth perception. Also, because your peripheral vision is often compromised when it is dark, you will need more time to react to unexpected situations. Caution! - Animals are often on the move at night. Moose are active during the spring and early summer and collisions can be fatal. Deer are more active in the fall and even though collisions may be less severe, they are much more frequent.

Promote Safe Teen Driving in Maine

Information provided by the Maine Teen Driver Safety Committee
To learn more ways to keep your teen driver safety go to: www.themtsc.org

