



Night Driving Tips

Driving at night is more dangerous than during the day because most motorists are not aware of the dramatic effect darkness can have on their ability to cope with even the most normal driving situation. In the fourth of its driving tips series, carrentals.co.uk offers advice on how to stay safe whilst driving at night:

- **Check Your Lights** - Get a friend to help you check that your lights are working before you make your journey. Check that the indicators, rear lights, brake lights, sidelights, headlights and main beams are all working properly and that the glass is clean.
- **Full Beams** - Do not use full beams in urban areas and make sure you dip headlights when another car is approaching or if you are behind another vehicle, to avoid 'blinding' other drivers. If you are dazzled, slow down and stop safely if necessary.
- **Be Aware** - Keep your eyes peeled for pedestrians, cyclists and motorbike riders, particularly those who are not wearing bright clothing or do not have lights. Take extra care when driving past pubs, cinemas, theatres and clubs at closing time.
- **Clean Windows** - Keep the car windscreen clean at all times to avoid glare – both inside and out. The car windows should never be clouded by frost or steam, or marred by scratches or cracks and the screen wash bottle should regularly be topped up.

- **Check Your Speed** - Reduce your speed at night and increase your stopping distance. An animal may suddenly run in front of the car, there may be an accident up ahead, the road may be blocked by flooding or bad weather – your chances of surviving these scenarios are much better if you are driving at a lower, safer speed.
- **Eyes Right** - If oncoming vehicles fail to lower their main beams, avoid glare by focusing on the left edge of the road as a steering guide. If you are still unable to see properly, pull over and let them pass.
- **Pit Stops** - Take extra care not to drive at night when tired – try to take a 15 minute break every two hours. If you become too tired to drive, find a place to stop and rest.
- **Overdriving** - One of the most common and dangerous driving habits at night is ‘overdriving’ car headlights. You should never drive so fast that you are unable to stop within the distance you can see ahead of you in your car’s headlights. This is usually no more than 350 feet or 100 metres when the lights are on full beam.
- **Accidents** - If you are involved in an accident at night, move your car off the road as far as possible. If you have to leave the car, take a torch and stick to the main road, keeping to the hard shoulder on the motorway or walking towards oncoming traffic on all other roads.

Disclaimer - These tips are not exhaustive and are for information only. carrentals.co.uk can not be held responsible for any losses incurred as a result of acting on any information contained herein.

For further information visit the following sites:

[Smart Motorist](#)

[Green Flag Motoring Assistance](#)

