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INSURANCE

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## Seeing When Driving at Night

SAFETY TALKS TOOLKIT



The accident rate during night time driving is considerably higher than during day time driving. One major factor is temporary blindness caused by the glare of headlights. Drivers should do all they possibly can to “see and be seen” by maintaining headlights at top efficiency. Even the finest headlights can lose more than half of their effectiveness if they are not kept clean and in proper focus.

Do all you can to avoid being blinded by the glare of oncoming headlights—and avoid blinding other drivers.

The human eye does all it can to help us see in poor light by enlarging the pupil to admit all possible illumination, but that very fact leaves us vulnerable. When a bright headlight beam strikes that wide-open pupil, it contracts instantaneously—60 times faster than it can enlarge—leaving us momentarily blind.

If we are driving at 40 miles an hour, our vehicle will travel at least 200 feet during our blind interval.

When we face an approaching vehicle, our first step is to dim our headlights—as a courtesy to the other driver, and as a reminder for the other driver to do likewise.

If that doesn't work, our best bet is to decrease speed and focus our eyes on the right hand margin of the roadway. Do not turn your high beam lights on if the oncoming driver does not dim their headlights.

IMPORTANT NOTICE - The information and suggestions presented by Michigan Millers Mutual Insurance Company in this Safety Talks Toolkit Bulletin are for your consideration in your loss prevention efforts. They are not intended to be complete or definitive in identifying all hazards associated with your business, preventing workplace accidents, or complying with any safety related, or other, laws or regulations. You are encouraged to alter them to fit the specific hazards of your business and to have your legal counsel review all of your plans and company policies.