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 Foreman: _____

Date: _____
 G.C. _____

SMOHIT Safety Sense
 Toolbox Talks for the Sheet Metal Industry

Driving At Night

- Though there is usually less traffic during nighttime hours, nearly half of all fatal traffic collisions occur after dark. This is because most drivers are not aware of the difference darkness can make in their ability to handle even the most normal driving situations. Watch carefully for highway signs, pedestrians, animals, poor weather and road conditions, slow-moving vehicles, motorcycles, and bicycles that may be on the road ahead. All of these are more difficult to see at night.
- Eye fatigue can be a difficult problem when driving at night. To relieve this problem, keep the eyes moving from side to side, and near to far ahead. Tired eyes may also indicate that the driver is simply too fatigued to be driving and should either stop and rest, or let another driver take over.
- It is illegal to drive any motor vehicle on public roads after dark without using the proper vehicle lighting. Proper lighting includes headlights, taillights, and license plate lights. In many states and provinces, drivers must also have their lights on from sunset until sunrise during periods of rain, snow, hail, sleet, or fog. When in doubt as to whether to use headlights, use them. They will improve the driver's vision, and also make the vehicle more visible to others on the road.
- Vehicles should never be driven so fast that they cannot stop within the distance made visible by their headlights. For most vehicles, under normal conditions, this distance is approximately 350 feet. In bad weather, however, this distance can be much less.
- A vehicle's headlights should be switched to low beam within 1,000 feet of an oncoming vehicle. Low beams should also be used when following another vehicle at a distance of 200 feet or less.
- After dark, drivers may experience glare from oncoming headlights or from the reflection of headlights in the vehicle's rearview mirror. To avoid temporary "blindness" from oncoming traffic, focus your eyes away from the glare by looking toward the right side of the road and watch the white line marking the outside edge of the traffic lane. For glare caused by headlights coming from behind, adjust your mirrors to cut out as much of the bright light as possible.

Instructor Tips

- **Emphasize the importance of keeping all vehicle windows and mirrors clean and free of defects.**
- **Remind workers to keep a vehicle's lighting equipment clean and in good working condition. It is particularly important to keep the lenses of the lights clean.**

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Reference: DOL 29 CFR 500.100