

A Message from Your Police Department

As we 'Fall Back' to Shorter Days, Take Extra Care on the Road

Shorter days, fatigue, compromised night vision, rush hour and impaired drivers all contribute to making driving at night more dangerous than any other time of day. In fact, the risk of a fatal crash is three times greater at night, according to National Safety Council research.



When Daylight Saving Time ends on Sunday, November 5, 2023, many people will find themselves spending more time driving in the dark. Depth perception, color recognition and peripheral vision can be compromised in the dark, and the glare of headlights from an oncoming vehicle can temporarily blind a driver.

Even with high-beam headlights on, visibility is limited to about 500 feet (250 feet for normal headlights) creating less time to react to something in the road, especially when driving at higher speeds.

What should you do to combat darkness?

- Make sure headlights are working correctly and make sure they're clean*
- Dim your dashboard*
- Look away from oncoming lights*
- If you wear glasses, make sure they're anti-reflective*
- Clean the windshield to eliminate streaks*
- Slow down to compensate for limited visibility and reduced stopping time*



Drowsy Driving Prevention Week



Coinciding with falling back on Daylight Savings Time comes Drowsy Driving Prevention Week. This weeklong safety week (Nov. 5-11) encourages everyone to prioritize sleep and drive only when they are alert and refreshed. Not only does it help people get the sleep and rest they need, but it reduces the number of drivers who choose to drive while sleep deprived.

When you drive without adequate sleep, your motor skills become seriously impaired. Some will say people who have slept 3-5 hours in the last 24 hours are unfit to drive.

Most people believe it's risky, but the thing they don't think about are the consequences.

Drowsy driving is really risky!

Drowsy driving is dangerously common!

IMPORTANTLY, DROWSY DRIVING IS PREVENTABLE!

FOR ALL EMERGENCIES CALL 911

