



# Institute of Advanced Motorists

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## *Fact Sheet 07/001*

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### **DRIVING AT NIGHT**

The Institute of Advanced Motorists (IAM) recommends that drivers use this checklist before setting out after dark. Follow these guidelines to make your night driving safer and less tiring.

- Can you see properly at night, with spectacles/contact lenses, if necessary? Your eyesight may have deteriorated since last winter, so it's worth checking.
- Are your vehicle's windows clean and clear? Do the wipers work effectively? Have you checked the level in the screen wash bottle recently?
- Are the vehicle's lights and indicators working and clean? Do you have a set of spare bulbs?
- Are you alert before you set off? Fatigue is dangerous. Open the window and take regular breaks.
- Can you judge of speed and distance correctly (more difficult in the dark) and is the speed correct for the night driving and conditions?
- Do you ever think about what might be lying in the road ahead?
- Can you stop safely in the distance that can be seen. At night, that distance is usually the distance lit by the headlights.
- Do you use light from on-coming vehicles to give you valuable clues?
- Do you look to the left if the headlights on an approaching vehicle are not dipped? Do you give a quick headlight flash if the headlights on the car ahead are not switched to dip? Do not retaliate with full beam; two dazzled drivers are twice as dangerous as one. Eyes need time to re-adjust afterwards.

**REMEMBER, DON'T LEAVE IT TOO LATE TO TURN ON YOUR LIGHTS. SEE AND BE SEEN.**