

Who remembers the song "[Blinded by the Light](#)" by Manfred Mann's Earth Band? If you haven't heard or don't remember it, it is a high-energy track about the invincibility of youth and the hopeful perspective that anything is possible. Well, this week's TBT isn't really about great rock hits, rather its about driving in the dark and avoiding night blindness.

You may not know the name for it, but if you drive at night, you've probably experienced situational night blindness. It can occur "when you are temporarily blinded by a bright light such as an oncoming car's headlights, especially if they have their bright lights on.

When you're momentarily blinded by a bright light, your pupil's contract and adjust to the sudden light intensification. Then, when the light passes, your pupils readjust to the subsequent lower light level by dilating.

The issue? During the brief time your eyes are making these adjustments, your vision is impaired. Without enough light, we lose much of our contrast sensitivity (the ability to distinguish objects from the background) and peripheral vision (the ability to recognize objects at the edges of our visual field).

To help you navigate nighttime driving, we offer these tips;

- Drive within the visual range illuminated by your headlights, not by what you think you see beyond them. At night, headlights limit our view to only 250 to 350 feet of the road ahead.
- Adjust your rearview mirror to the nighttime setting to dim any headlight glare coming from behind.
- Don't look directly at the oncoming lights, instead focus your eyes on the right edge of the road to avoid being blinded.
- Keep your windshield and headlights clean inside and out.
- Shift your view between the road and your vehicle's rear and side mirrors.
- Turn your head from side to side to increase your peripheral vision.
- Use high beams when you can.

Remember This!

With the days getting shorter, driving at night is more dangerous and it is highly recommended to visit your doctor for an eye exam at least once every two years.





Tool Box Talk/Safety Meeting Sign In Sheet

Energy Efficiency Specialists™

Email to chris@hudsonbayins.com or safety@hudsonbayins.com or text to (206) 730-6273

Topic: _____ Date: _____

Discussion Leader: _____ Job Name: _____

	Employee Name	Employee Signature
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Employee Comments, Concerns, Suggestions or Recommendations to improve workplace safety & health:

Please submit this document immediately upon completion of the meeting to the safety department and retain the original copy of this document in the Safety & Risk Management Plan.