

TZD Tuesday | Nov. 7, 2023 – Time to "Fall" Back

We all turned our clocks back last Sunday, and with the end of daylight-saving time, many people will find themselves spending more time driving in the dark. This can be dangerous because, even with high-beam headlights on, visibility is limited. This creates less time to react to obstacles in the road. Depth perception, color recognition and peripheral vision can be compromised in the dark, making it more difficult for drivers to judge the speeds and distance of other vehicles. It is also important to remember that it takes time for eyes to adjust. This can cause the glare of headlights from an oncoming vehicle to temporarily blind a driver. The [National Safety Council](#) offers these tips for driving in the dark:

- [Aim your headlights 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.

Fall is a great time of year to remind your friends and family that road hazards can change with the seasons. The *Minnesota Network of Employer for Traffic Safety* hosted a webinar [Fall Tips to Staying Safe on the Road](#) to forward and share with all. Working together, we can drive Minnesota toward zero deaths.