



NIGHT DRIVING

Advice for Truck Drivers

Night driving is increasingly common as operations grow and drivers take advantage of cooler temperatures and lighter traffic. However, it also brings added risks, including reduced visibility, hidden hazards, disrupted sleep patterns and security concerns, all of which require careful management:

Vehicle & Lights

Use full-beam headlights only when the road ahead is clear, and dip them for oncoming vehicles. Avoid staring directly at approaching full-beams. Remove heavy tints from the windscreen and side windows to improve visibility.

Rest & Fatigue

Plan regular rest breaks by splitting driving into shorter periods of around two hours. Ensure you are well rested before starting each night's drive. On longer journeys, rotate driving duties between qualified drivers to reduce fatigue.

Safety & Security

Always do a walk-around check before each shift. Whenever possible, drive in a convoy. Avoid stopping or parking in isolated, unlit areas. Carry a warning triangle, reflective vest, and torch in case of breakdown. Always drive defensively.