



Beware of Glare

When driving in bright sunlight, glare can be a significant and sometimes deadly hazard. Progressive Fleet and the Vision Council of America offer the following tips to help reduce or eliminate the dangers caused by glare from sunlight.



- **Drive cautiously** and leave a proper following distance to ensure ample reaction time. Maintaining proper following distance for a minimum of six seconds will give you time to recognize slowed or stopped traffic on the road or other road hazards that may be difficult to see because of sun or glare.
- **Go slower than the posted speed if necessary.** Use the same precautions and care as driving in other hazardous conditions like fog or rain. A slower speed will enable you to focus on traffic, pedestrians, crosswalks, traffic lights, street and stop signs, and other traffic control devices. The sun being in your eyes is not an excuse for a collision.
- **Use the sun visor.** Tilt the sun visor *AWAY* from you (bottom of visor is tilted toward the windshield). This will help prevent personal injury/death should you be involved in a collision that could force your head into a visor that was pointed toward you. Tilt the sun visor toward the windshield as much as possible so it is covering the sun but allows as much visibility as possible.
- **Keep all vehicle windows and windshield clean.** Clean your windows inside and out. The foggy film that builds up on the inside of windows causes the bright intensity of the sun and/or headlight glare to be magnified many times over. Likewise, dirty windows on the outside also causes more glare to be spread around the surface of the glass when driving into the sunlight. Keep your windshield washer fluid reservoir full and use as needed.
- **Keep the dashboard clean** and free of all items. Do not use the dashboard to store materials such as napkins and papers. Dashboard debris reduces visibility and the reflection in the glass will cause a distraction.
- **Turn on your headlights** during the day so oncoming drivers can see you better if their windshields are glared.
- **If you cannot see clearly, don't drive!** Stop in a rest area or truck stop for 30 minutes. This is normally all the time it takes for the sun to clear the horizon so it will no longer be a problem. Stopping during this time can give you a needed rest or meal break. It will also help reduce the onset of driver fatigue since driving in bright sunlight or glare causes extra strain on the eyes, which is one of the common causes of driver fatigue.
- **Get regular vision exams,** at least annually, conducted by a qualified eye care professional who can assist you in selecting appropriate eye wear that will maintain your optimum vision for safe driving.
- **Wear sunglasses** with polarized lenses and UV protection. Sunglasses alone cut down on the brightness of the sun. However, polarized lenses help reduce the intensity of the glare.