

SUN GLARE

RISKS WHILE DRIVING

Sun glare affects road perception and increases road crash likelihood.

Knowing its effects and how to prepare can make all the difference.

When driving, sun glare affects vision performance, making it difficult for the eye to see objects ahead on the road.



It impacts drivers physically by fatiguing the eyes and causing momentary blindness, and psychologically by increasing nervousness and anxiety, and affecting decision making and reaction time.

Know how sun glare affects your vision.

BE PREPARED. BE CAUTIOUS.

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Install tinted windscreens or wear sunglasses



Keep your windshield and dashboard clean



Plan your trip schedule to avoid driving in the direction that faces the sun



BE CAUTIOUS

Drive at a safe speed



Know your eyes may not be able to properly perceive objects and you may have to brake unexpectedly



Adapting to new light conditions takes some seconds. If discomfort persists, take a break.

