



## Association for Safe International Road Travel

12320 Parklawn Drive • Rockville, MD 20852 • USA

[www.asirt.org](http://www.asirt.org) [asirt@asirt.org](mailto:asirt@asirt.org) phone (240) 249-0100 fax (301) 230-0411

### Night Travel Tips

#### In developing countries:

- Many roads are in poor condition. More difficult to see potholes, rough sections of roads or obstacles on road.
- Road mix includes many pedestrians, cyclists, motorcyclists, animal-drawn carts and other non-motorized vehicles.
- Wrecked or broken-down vehicles may be parked on narrow rural roads and often lack warning markers that are easily seen at night. Residents may use branches, sticks or stones for warning markers.
- Vehicles often lack working headlights. In some countries, drivers do not use headlights to keep from running the battery down.
- Road construction zones are often poorly marked. Workers may leave equipment and/or building materials on or at edge of roads.
- Wildlife that is active at night increases road risk. Deer may be attracted to headlights and have little "road sense." In some cases, deer actually run into vehicles.
- Risk of colliding with a deer is much higher during hunting season, because the deer are running scared. Risk is higher during daytime, but also increases at night.
- In moose country, risks associated with a crash are multiplied.
- In Saudi Arabia, night travel in desert areas is not recommended. Camel are not fenced, but are hobbled to keep them from running very fast. Camels have no road sense. A camel falling on an average car or small truck would cause extensive damage.
- In countries with high crime risk, highway banditry is more common at night.

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These guidelines serve as suggestions.  
Each suggestion will not necessarily apply in your country or location.  
For a complete list of safety tips and country-specific information  
for safe road travel, visit [www.asirt.org](http://www.asirt.org).



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#### Factors that reduce night cycling risk:

- Assume drivers cannot see you. Ride defensively.
- Avoid routes with highest congestion levels. Take routes with lowest congestion. Use Google Maps or similar web services to find alternate routes. Website: [www.commutebybike.com/2007/11/14/commuting-101-how-to-find-the-perfect-route-using-google-maps/](http://www.commutebybike.com/2007/11/14/commuting-101-how-to-find-the-perfect-route-using-google-maps/).
- Garmin also provides cycle route information. Website: [www.biketechshop.com/cycling-specific-gps-systems-c-754.html](http://www.biketechshop.com/cycling-specific-gps-systems-c-754.html). The site includes links to many cycling resources.
- When possible, change your work schedule to avoid rush hour traffic.
- Avoid cycling when weather conditions are poor, during heavy rains, snow, ice, high wind or fog.
- Wear light-colored clothing. Have reflective markings on clothing or wear a reflective vest.
- Bicycle should have adequate front and rear lighting and large reflectors. Small flashing lights increase chance drivers will see you.
- Be alert for pedestrians entering roadway, especially children.
- Be alert for animals suddenly crossing the road in front of you. In rural areas, wildlife or domestic animals pose a considerable risk.

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### Daylight Savings Tips

#### Increased Number of Car Accidents: The Dangers of Daylight Savings Time

Here are a few tips to make your adjustment to Daylight Savings Time a bit easier:

- Go to bed earlier and wake up earlier than you normally would for a few days before the time change.
- Don't nap on the Saturday before the time change.
- Expose yourself to sunlight as early as possible in the mornings to help set your internal clock.
- Start work a half-hour later for a couple of days after the move to Daylight Saving Time.
- Try to avoid scheduling particularly dangerous or demanding tasks for these days to prevent any accidents that may occur.

### Additional Information

The first Monday after Daylight Savings time has a higher rate of heart attacks, traffic accidents and workplace injuries. On average, people sleep 40 minutes less than they normally would during Daylight Savings and that can have a negative effect on people for the first few days. Dr Marc Schlosberg of the Washington Hospital-Sleep Center says the Circadian rhythm, a 24-hour cycle of biochemical, physiological, or behavioral processes of living entities on Earth, is set by a clock inside our brain called the hypothalamus which tells us when to go to sleep and when to wake up in the morning. It may not seem like it but our bodies have a hard time adjusting and need a few days to catch up with the slight change in schedule.

On Mondays after the switch to Daylight Saving Time, they found, there were an average of 3.6 more injuries compared to other days, a 5.7% increase. Injuries on these days led to 2,649 more days of work lost per year, compared to injuries that didn't happen after the time shift, representing an approximately 68% increase. But switching back from Daylight Saving Time to Standard Time and gaining an hour didn't affect injury frequency or severity.

University of British Columbia study that looked at 20 years of data, car crashes increased when clocks added an hour more so than when they lost an hour. The study also showed that sleep deprivation is most likely the cause of a 17 percent increase in motor vehicle collisions on the Monday following the time change.

*Source: Davis Law Group Staff*

*<http://www.injurytriallawyer.com/blog/increased-number-of-car-accidentsthe-dangers-of-daylight-savings-time.cfm>*