


At Night

ADAPT
YOUR
DRIVING

Increase
your safety and
that of others, and
avoid penalties.

Québec 



At night, your driving can be affected by the decrease in natural light, the risk of glare, or fatigue.

Be careful!

HOW?

When it gets dark:

- Slow down!
- Keep your distance from the vehicle in front of you.
- Avoid passing when in doubt.
- When meeting oncoming vehicles, look toward the lane marker on your right.

If there is wildlife in the vicinity:

- Be careful at all times!

To fight fatigue:

- Rest before hitting the road.
- Take a break every two hours.
- Stop in a safe location.
- Take a 15- to 30-minute nap if needed.

PENALTIES

Failing to switch from your high beams to your low beams when meeting an oncoming vehicle

- \$60 to \$100, plus costs.

**Société de l'assurance
automobile**

Québec 

Avec vous,
au cœur de votre sécurité

saaq.gouv.qc.ca/adapting-your-driving