

Nighttime Work Safety

What are some special challenges of working at night?

On the worksite, challenges can include poor visibility for motorists and workers, impaired or drowsy drivers and communication between shifts.

Working at night may also cause physical and social disruptions, such as sleep deprivation and disruption, risk of injury from drowsiness and impaired family or social relationships.

How can you protect yourself at night?

During night work, use special precautions at the worksite. Above all, you must increase visibility and know your surroundings.

Know the location of and safe routes to employee parking, rest rooms and other facilities. If safe routes are not present, notify your supervisor immediately.

Know which supervisors are responsible for safety and who to contact with any questions or to report problems.

To increase visibility:

- Wear retro-reflective clothing
- Wear flashing lights on your body or clothing
- Place retro-reflective tape on equipment
- Use good work area lighting

Know your surroundings:

- Know the vehicle and equipment paths
- Know the assigned work areas
- Know the safe path to and from work
- On foot, watch out for equipment
- On equipment, watch out for workers

How can your health habits help?

Night work can create issues for your body. It is important to compensate for this as your health habits can make a huge difference in your performance. On the worksite, eat protein-rich foods and avoid sugars and fats. Drink plenty of water. At home, make sleep a priority. Follow a pre-sleep routine and have a light snack before bedtime. Keep daylight out, even if you



have to install blackout drapes. Eat family meals together and plan daytime social activities. That way, you'll be ready for sleep when you come home from work.

During fall and winter, you will find yourself spending more time driving in the dark. Depth perception, color recognition and peripheral vision can be compromised in the dark, and the glare of headlights from an oncoming vehicle can temporarily blind a driver.

Even with high-beam headlights on, visibility is limited to about 500 ft/152 m (250 ft/76 m for normal headlights), creating less time to react to something on the road, especially when driving at higher speeds.

What should you do to combat darkness?

- Aim your headlights correctly and make sure they're clean
- Dim your dashboard
- Look away from oncoming lights
- If you wear glasses, make sure they're anti-reflective
- Clean the windshield to eliminate streaks
- Slow down to compensate for limited visibility and reduced stopping time

