

Sun glare can significantly reduce visibility and make it difficult to see other vehicles, pedestrians, traffic signals, and road hazards. Glare is most common during sunrise and sunset, when the sun is low on the horizon and directly in a driver's line of sight.



Common Hazards

- Reduced visibility of vehicles and obstacles
- Difficulty seeing traffic signals, signs, and pavement markings
- Glare and reflections from windshields, mirrors, and wet pavement
- Increased stopping distance due to delayed reaction times
- Greater risk of rear-end and intersection collisions
- Increased eye strain and fatigue

How to Protect Yourself

- Wear polarized sunglasses when driving which can help reduce reflected glare.
- Keep your windshield clean, inside and out by cleaning it frequently.
- Use your sun visor to block direct sunlight.
- Keep windows and mirrors free of dirt, dust, and film.
- Replace worn or damaged windshield wipers.
- Slow down and increase your following distance.
- Turn on your headlights to improve visibility.
- Stay focused and avoid distractions.
- If backing up get out and look around first and use a spotter.



If Sun Glare Becomes Severe

- Reduce your speed safely.
- Increase following distance.
- Avoid sudden lane changes.
- Pull over in a safe location if visibility becomes too limited.

If you can't see clearly, you can't drive safely. Bright sun can hide serious hazards. Slow down, create space, and take the necessary steps to protect yourself and others on the road.

A few seconds of caution can prevent a lifetime of consequences.



Toolbox Talk Attendance Form

Supervisor / Project Manager: _____ Date: _____

PRINT NAME	SIGNATURE