

Are excessively bright vehicle headlights a form of distracted driving?



Floors and roads, both of them surface coverings, share a common ground.



This is a series about the subject of roads, those vehicles that rely on them, what they transport and other subjects such as the way roads are made, maintained and kept safe. The topic is responsible driving. Distracted driving is something responsible drivers attempt to avoid at all costs for the sake of themselves, their passengers and the cargo they carry. Some distractions such as using the phone are avoidable. Though not all distractions are avoidable. Are excessively bright vehicle lights a form of distracted driving?

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Exactly what possible benefits does the driver of the above vehicle reap with excessively bright, headlights? Precisely what particular <u>roadway risks</u> are such lights likely to pose to drivers, cyclists and pedestrians? Quite a few, actually; at least according the <u>BBC</u>. Should it be a political priority to rid the roadways of distractions that can pose a safety hazard? Are these lights likely diminish the frontward vision of approaching motoristists? Are these lights likely to diminish the rearward vision of following motorists? If so, should banning these dangerous roadway distractions be a political priority?





Drivers traveling for business or pleasure are aware of vehicle headlights; sometimes painfully so. Those who do not, might know somebody who does. Drivers sensitive to light are unlikely to find anything more distracting than an intense headlight in their eyes. Intense light in the windshield is distracting during the drive. From behind, it could render your rear-view mirrors useless.

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Even daytime running lights could distract drivers with an acute sensitivity. Some daytime running lights are wired directly into the ignition switch, which keeps them on during the day and night.



What can make vehicle headlights a problematic issue is the height variance between: low riding passenger vehicles, high-riding sport unitity vehicles and commercial trucks.



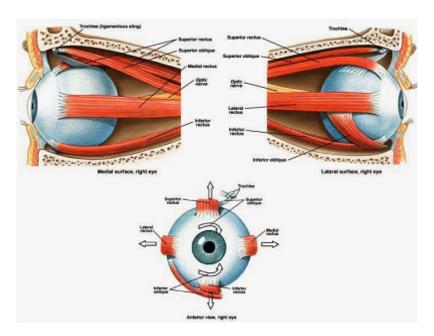
The classic vehicle headlights were placed in the grill and surrounded by protective frames that directed the light forward; towards the road. When a headlight busted or burned out it was affordably replaced usually at the local auto parts store. The price of the headlights was about \$20.00, really!

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Modern vehicles equipped with headlight systems include lights and reflective mirrors fully exposed to oncoming traffic. Light is disursed forward; towards the road and in other directions. If stolen, replacing these expensive headlight systems can cost the vehicle owner a small fortune. While they are clearly brighter, they are costlier. Some say they are safer. Others contend the excessive brightness likely poses serious visibility issues to opposing traffic.



Prolonged, continuous exposure places a strain on the muscles of the eye, which help the eye focus and guard against over-exposure to light, which can be painful.



When muscle fatigue sets in, the eye strain becomes so intense that a headache develops.

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In traffic, the next time you begin feeling the onset of a muscle tension headache, over-exposure to light might be one of the reasons.

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