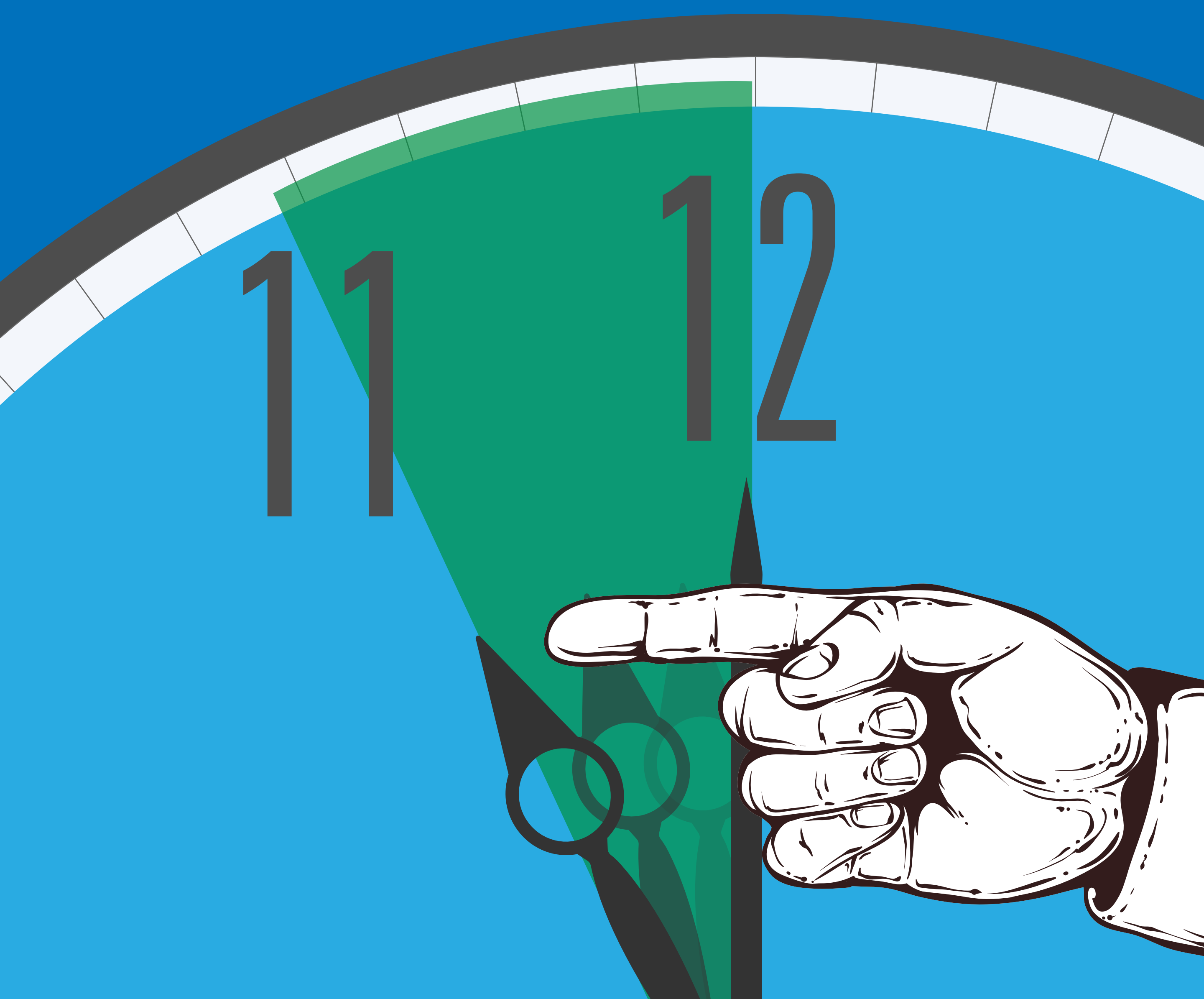


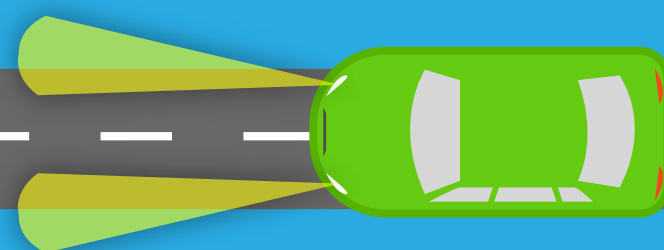
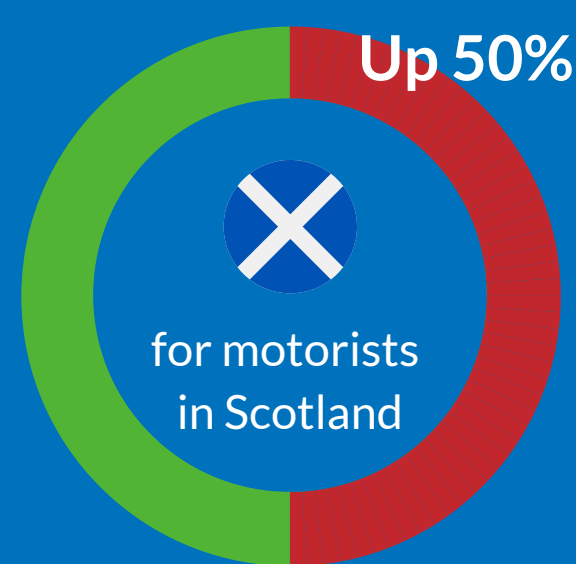
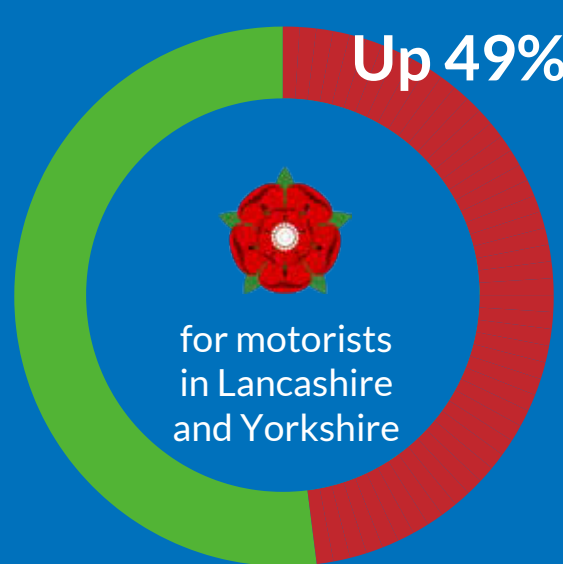
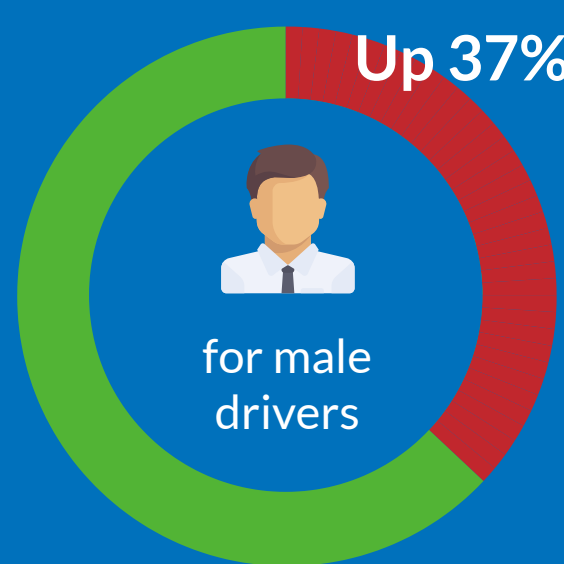
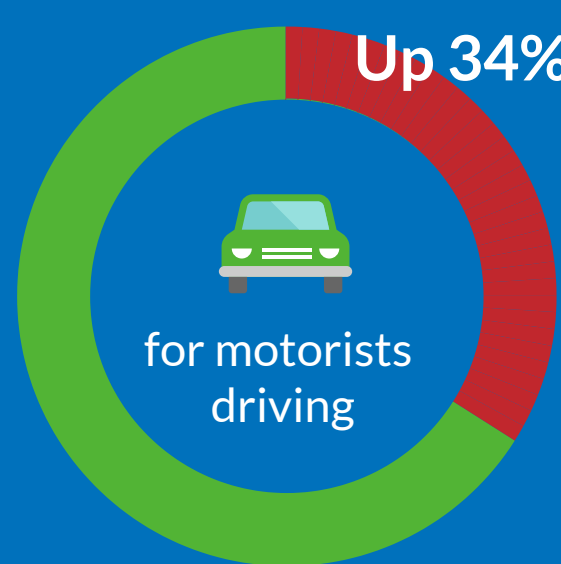
# 28 OCTOBER 2018

## CLOCKS GO BACK 1 HOUR

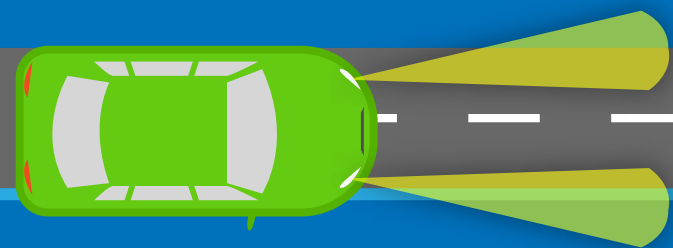


### OUR DATA SHOWS...

#### INCREASE IN ACCIDENTS BETWEEN 5PM AND 8PM AFTER THE CLOCKS CHANGE



### TIPS FOR DRIVING MORE SAFELY IN THE DARK



Keep your speed as steady as possible to avoid confusing other drivers.



Reduce your speed when visibility is reduced, especially if the weather is poor.



Look out for cyclists without lights and pedestrians who may be wearing dark clothing.



Avoid driving up to the speed limit so that you can adapt quickly to unexpected situations.



Keep your wind-shield clean to avoid increased glare.



Keep your interior light off or pull over in a safe place and use it while the car is stationary.



Turn on your headlights, whatever the time of day.



Keep always your headlights clean.