Driving in Fog Meeting Kit

WHAT’S AT STAKE

Driving in fog is one of the most challenging conditions on the road because it limits your ability to see, react, and judge distance. Fog can cut visibility down to just a few feet, hide hazards until the last second, and distort depth perception. Headlights can make things worse by reflecting off the moisture in the air, and lane markings can disappear when you need them most. When fog thickens unexpectedly, even experienced drivers can become disoriented or misjudge their speed, turning a routine trip into a dangerous situation.

WHAT’S THE DANGER

Fog creates one of the most unpredictable and disorienting environments for drivers. It limits what you can see, changes how you judge distance, and slows your reaction time. Hazards appear suddenly, and by the time you notice them, it may be too late to stop or steer safely.

Visibility Drops Instantly

Fog can reduce your view to a few feet without warning. Lane markings fade, taillights blur, and the edges of the road become hard to find. This makes it easy to drift out of your lane or miss stopped vehicles until the last second.

Speed and Distance Become Hard to Judge

Fog distorts depth perception. Vehicles ahead may seem farther away than they really are, causing drivers to follow too closely without realizing it. Wet roads, combined with poor visibility, increase the chance of rear-end collisions.

Lights Can Work Against You

Headlights, especially high beams, reflect off the fog and shine directly back into your eyes.

- Glare reduces visibility even more.
- Road signs and reflective surfaces become harder to read.

HOW TO PROTECT YOURSELF

Driving safely in fog means slowing down, staying focused, and giving yourself as much visibility and reaction time as possible. Fog can change in seconds, so the way you handle the road must change just as quickly. A few smart habits can keep you in control when the road ahead becomes unclear.

Slow Down and Create Space

Fog reduces how far you can see, so lower your speed and leave extra distance between you and the vehicle ahead. This gives you more time to react to sudden stops, obstacles, or vehicles appearing out of the fog.

Use Lights Correctly

Turn on your low-beam headlights or fog lights — never high beams, which reflect back into your eyes and reduce visibility. Keep your taillights clean so vehicles behind you can see you sooner.

What to Do If Visibility Drops Quickly

- Ease off the accelerator — sudden braking can cause collisions.
- Follow the reflective lane markings to stay centered.
- Avoid changing lanes unless absolutely necessary.
- If fog becomes too dense to drive safely, pull over to a safe area and wait.

Stay Focused and Avoid Distractions

Fog requires full attention. Put away your phone, lower the music, and keep your eyes scanning the road for signs, brake lights, and hazards that may appear suddenly.

FINAL WORD

Fog can be unpredictable, and even the best drivers can be caught off guard when visibility disappears. Slowing down, using the right lights, and staying fully focused are simple actions that make a huge difference.
