

Always strive to drive defensively

Increasing your following distance and eye-lead time protects you and save lives



FOLLOWING DISTANCE

NATIONAL CONSTRUCTION SAFETY WEEK MAY 2-6

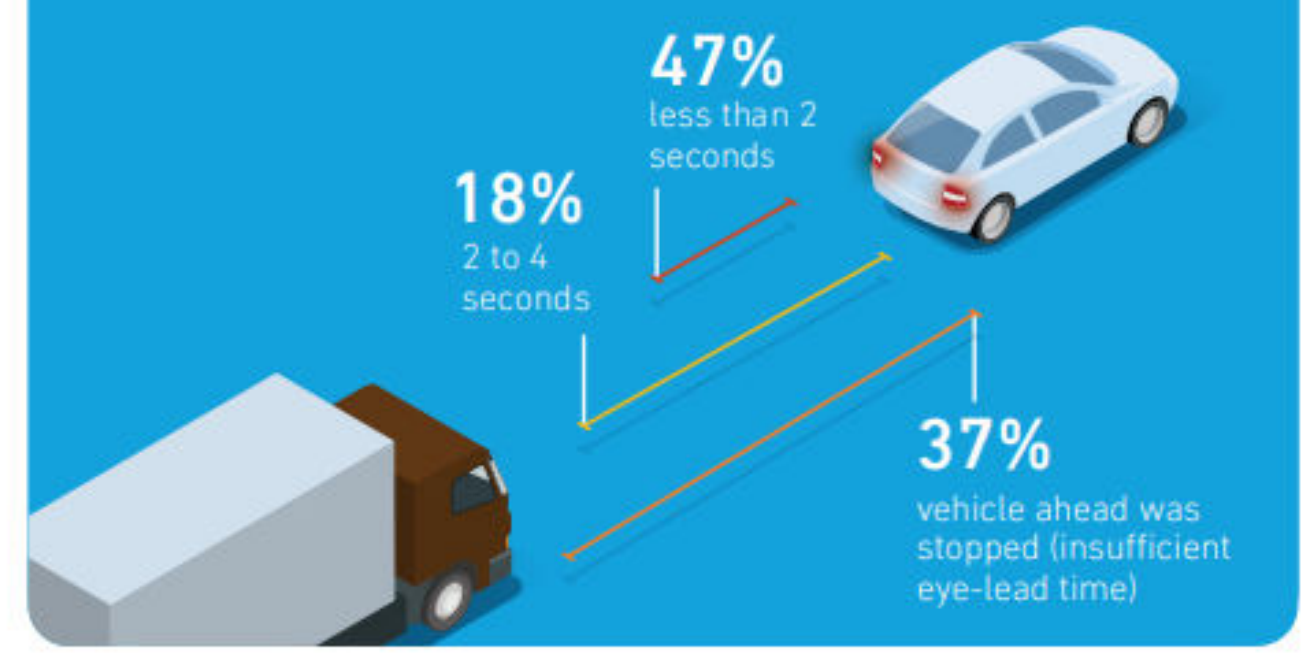
Did you know?

Inadequate following distance results in 1.8 million crashes annually¹.

Nearly half of rear end accidents occur when the rear ender has less than 2 seconds of following time.

Tailgating is a risky behavior because it can lead to many kinds of accidents: rear-ending another vehicle, being the vehicle that is rear-ended, creating a pile-up on the highway, or even colliding with a vehicle in a neighboring lane.

Rates at which rear end collisions are correlated with improper following distances, include:



Source: Lytx data
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Why is increasing following distance and eye-lead time important?

- Provides time to stop if the driver ahead suddenly brakes
- Adequate time enables gradual braking:
 - ✓ Better control of traffic behind the vehicle
 - ✓ Can help reduce passenger injuries
 - ✓ Less wear and tear on the vehicle

TIP

Leave Yourself An Out: in emergency conditions, maintaining a safe distance from the vehicle in front of you will allow you to stop safely or to take necessary evasive action.

- Frees up your eyes to scan effectively and plan an escape route
- Adequate eye-lead time enables gradual braking:
 - ✓ Can help avoid rear-end collisions
 - ✓ Alerts other drivers behind you to slow down
 - ✓ Helps you to drive more smoothly by reducing sudden stops and hard braking

TIP

Aim High in Steering: increase eye-lead time by looking 15 seconds ahead so as to view the road as a whole, not just a few feet ahead. This helps provide advanced warning of potential hazards and gives you time to react.