



SAFETY MONDAY

CONTROLLING SPEED - 2nd in a Series

In the first of the series we discussed the 3 Stopping Distance Factors that add up to the Total Stopping Distance: Perception Distance, Reaction Distance, and Braking Distance. The following effects on stopping distance must also be considered to determine your total stopping distance:

The Effect of Speed. The faster you drive, the harder it is to maneuver and the striking impact is greater.

Example: From 20 mph to:

- 40 mph the Impact and Braking Distance are 4 times greater.
- 60 mph the Impact and Braking Distance are 9 times greater.
- 80 mph the Impact and Braking Distance are 16 times greater.

The Effect of Vehicle Weight. The heavier the vehicle, the more work the brakes must do to stop.

- The brakes, tires, steering, and suspension on heavy trucks are designed to work best when the truck is fully loaded.
- Empty trucks require greater stopping distances because an empty vehicle has less traction.



PREVENTION MEASURES:

- ✓ **#1 - Don't Drive Distracted.**
- ✓ Make sure your brakes, tires, steering, and suspension systems are maintained in safe operating condition.
- ✓ Know your length and weight.
- ✓ Keep space in front of your vehicle. Use the "following distance" formula.
 - Add 1 second for each 10 feet of your truck length at or below 40 mph.
 - Add 1 second for each 10 mph over 40 mph.
 - Add 1 second for bad weather.
 - Add 1 second for bad surface conditions.

- ✓ **SLOW DOWN.**

