



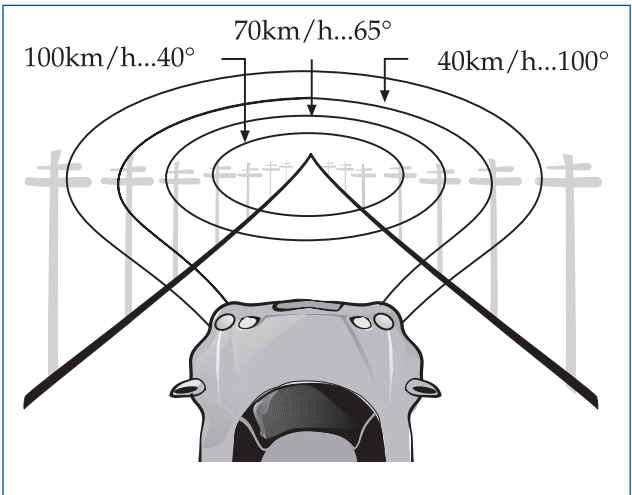
keep your
distance



Rear-end collisions are the easiest accidents to prevent. Remember, they are the direct result of drivers following too closely. They can't stop in time – even if they pay the closest attention and have the fastest reflexes.

Adjust your speed

The faster your speed, the less you see and the less time you have to react. The faster you move, the closer you approach having 'tunnel vision'. The higher the speed, the greater the tendency to focus on a point further and further ahead. At 100km/h you effectively see little more than the width of the road, and when a hazard suddenly looms up you'll travel 20m before you even touch the brake pedal. You must adjust your speed according to the conditions, remembering that accidents at slow speeds can also injure and kill.

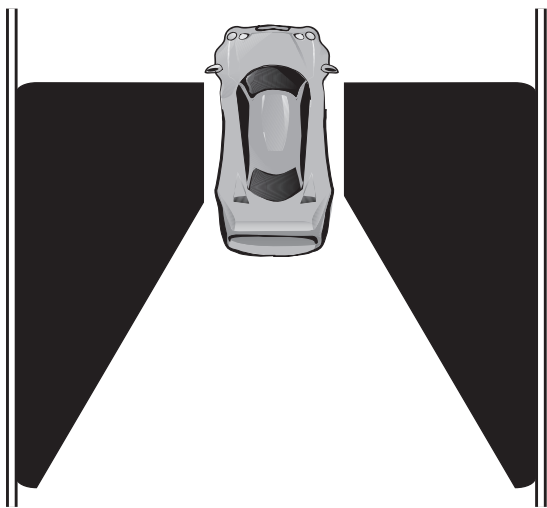


Stop sudden stops

Stopping is never as easy as it seems. Too many drivers take stopping for granted. They fail to realise there's always a time lapse between the moment they see danger and the time they react to it. After that, it takes time to apply the brakes and more time for the brakes to do their job.

How to combat hidden danger

Check your car's blind spot regularly. At higher speeds, cars approaching from behind can overtake you suddenly only to be hidden in your blind spot. Stay out of other cars' blind spots yourself. The driver might make a move without seeing you in time.



Avoid getting trapped

- ◆ Try to stay several car lengths behind the vehicle in front and increase this distance the faster you go or whenever visibility is reduced. If you are closer than four car lengths at 60km/h you're taking a dangerous risk.
- ◆ Drop back if the vehicle ahead prevents you from clearly seeing oncoming traffic, or intersections or traffic signs ahead.
- ◆ If someone is following you too closely, slow down gradually, pull over to the left if you can and allow him or her to pass.
- ◆ Avoid sudden moves yourself. Unexpected stopping manoeuvres can cause a crash.
- ◆ Keep pace with traffic.
- ◆ Drive defensively by expecting the worst from other drivers at all times, especially in heavy traffic.
- ◆ Study the road ahead for potential hazards and plan emergency measures so you can keep your distance more easily.

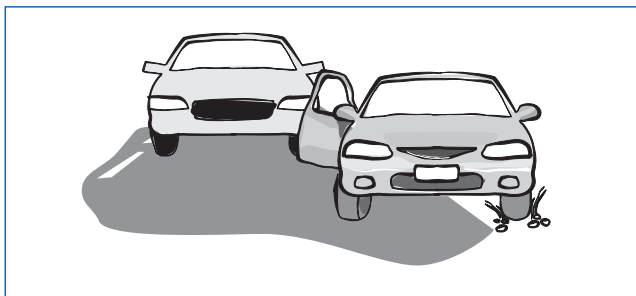
How to brake

To slow down or stop, apply your brakes early and gently rather than 'ride' the brake pedal down to the floorboard, especially if your car is heavily loaded or if the road is slippery. Give drivers behind more warning whenever possible by flashing the brake light.



Avoid parking on the roadway

Whenever possible park completely off the road, particularly country roads.



The time lapse

Formula

A method of judging distances is to use the Time Lapse Formula. Allow 2 seconds to elapse between the time when the rear of the car ahead passes some stationary object, say a white pole at the side of the road, and the front of your car reaches that point. That is ... you should be able to count "one thousand and one, one thousand and two", before reaching that same point.

Following distances

These distances are for average cars on ordinary surfaces. If brakes, tyres and road surface are not good the distances must be increased.

km/h	FOLLOWING DISTANCES
105	35m
90	30m
75	25m
60	20m
45	15m
30	10m

Always give yourself room to brake with safety

One car length for every 15km/h

Remember your stopping distance

km/h	MINIMUM STOPPING DISTANCES IN METRES		
	AVERAGE REACTION TIME (0.75 SEC)	VEHICLE BRAKING DISTANCE	TOTAL
105	21	66	87
90	18	49	67
75	15	34	49
60	12	22	34
45	9	12	21
30	6	6	12



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