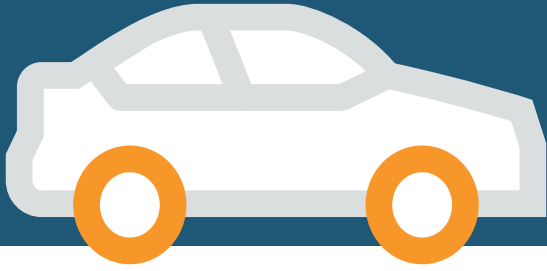


# Avoiding Rear End Collisions



## Key Practices

- ✓ Plan ahead to give yourself time to arrive safely and on time, without following other vehicles too closely.
- ✓ Stay alert. Reaction time is critical. Avoid distractions that reduce your reaction and stop time.
- ✓ Leave space between your vehicle and the vehicle in front of you.
  - On dry non-slippery roads, a car or van should maintain at least a 3 second space cushion at speeds below 40 mph.
  - Because of their weight, heavier vehicles need at least 4 seconds and extra heavy vehicles at least 5 seconds at speeds below 40 mph.
  - Add more time to the space cushion for speeds over 40 mph or on slippery roads.
- ✓ Look ahead for brake lights, emergency vehicles, or other signs of slowing traffic. When stopped, there should still be a space cushion between your vehicle and the vehicle ahead.



Even at slower speeds, striking another vehicle from behind can cause serious injuries, and for a driver to lose control of their vehicle. When traveling at a higher speed, even slight contact can cause a driver to lose control of their vehicle.

## Key Facts

- ✓ Approximately one quarter of all vehicle collisions involve one vehicle hitting another vehicle from behind.
- ✓ The majority of rear end collisions occur during the daytime when the lead vehicle is stopped or moving slowly. Stay alert and maintain proper space cushions at all times.
- ✓ You can maintain a safe following distance, even if traffic slows down. Slow down and maintain a proper space cushion if traffic slows or gets heavier.
- ✓ It takes more time to stop on slippery roads from water, ice, gravel, or another substance. Add time to your space cushion whenever road surfaces are wet or slippery.

## Maintain a safe driving distance between cars

1. Find a stationary object by the side of the road.
2. As the car ahead passes the object, begin counting slowly until you pass the same stationary object.
3. If it is not at least 3 seconds ahead, increase the distance you are following.
4. Increase to more than 3 seconds if road conditions are wet or icy.