January 27, 2025 Week 5

Safety Brief

CREST INSURANCE GROUP

Check Your Speedometer!

Exceeding the posted limit or driving too fast for conditions is one of the most prevalent factors contributing to traffic crashes. Speed is a factor in nearly one-third of all fatal crashes. Speed-related crashes cost society billions of dollars a year. Too few drivers view speeding as an immediate risk to their personal safety or the safety of others. Yet, speeding reduces a driver's ability to steer safely around curves or objects in the roadway, and it extends the distance required to stop a vehicle in emergency situations.

Crash severity increases with the speed of the vehicle at impact. Inversely, the effectiveness of restraint devices like air bags and safety belts, and vehicular construction features, such as crumple zones and side member beams, decline as impact speed increases.

The probability of death, disfigurement, or debilitating injury grows with higher speed at impact. Such consequences double for every 10 mph that a vehicle travels.

Many drivers don't consider this. They slow their speed in residential areas, or when the weather turns bad. To them, a few miles an hour over the posted speed limit is an acceptable risk. Their excuse-other drivers do it. They believe the worst that can happen to them is to receive a speeding ticket. Drivers like this are wrong. Maybe even dead wrong, because driving too fast for conditions or exceeding the posted speed limit can kill you.

Stopping Distance

At today's highway speeds, about 75 MPH, your vehicle is traveling at 110 feet per second. Total stopping distance includes:

- Perception distance: distance traveled from the time a hazard is seen, recognized and action starts
- Reaction distance: the distance traveled in the time it takes to get your foot off the accelerator and onto the brake (about ¾ of a second or more)
- Braking distance: the distance traveled once the brakes are applied
- Let's say it takes you a couple of seconds to see and recognize a hazard, that's 220 feet. You also decide in those 2 seconds to step on the brake. If you do it very quickly, about ¾ of a second, you'll go about another 83 feet. Braking distance varies, but in a large truck or bus, in the best conditions, that could take another 6, 7, 8 seconds maybe. In 7 seconds, you've traveled another 770 feet. Altogether then, you've traveled 1,073 feet. If it's at night and your lights shine out about 300 feet, you could hit an object in the road before your brake linings hit the drums.

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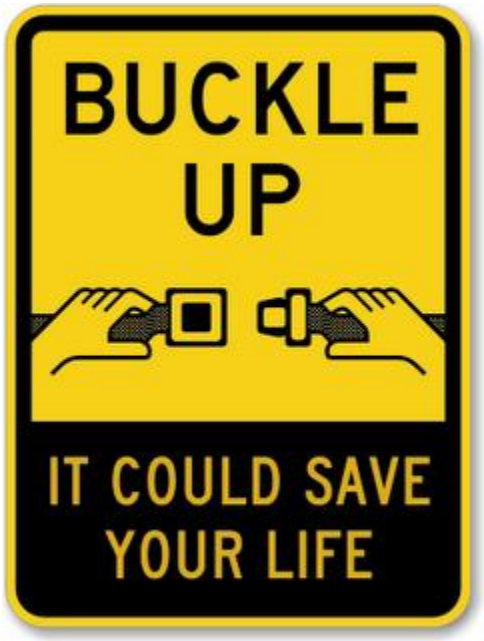

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Speed & Stopping

This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization:_____ Date: _____

Trainer:_____ Trainer's Signature: _____

Class Participants:

Name:_____ Signature:_____

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Name:_____ Signature:_____

Name:_____ Signature:_____

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