



# SAFETY BRIEF

## KEEP YOUR DISTANCE

Keeping a safe following distance between your vehicle and the vehicle in front of you gives you time to react if traffic stops suddenly. You may have heard of the two-second rule, but safe following distances actually vary based on speed and road conditions. The two-second rule is adequate in perfect weather conditions at average speeds (25-35 mph).

### THE TWO-SECOND RULE

- Select a landmark, such as a tree or pole, to measure your distance
- Begin counting when the rear bumper of the vehicle in front of you passes the marker
- Slowly count each second
- The front of your bumper should not pass the marker before you have counted two seconds

### WHEN TO ADD ADDITIONAL SECONDS

When driving at higher speeds or in inclement weather such as snow, ice or heavy rain, you should increase your following distance. Use this chart to help you.

If	Add
you're traveling at more than 40 mph	Two seconds
you're driving at night	One second
the vehicle in front of you is a motorcycle	One second
there's fog or poor visibility	One second
the pavement is wet	One second
you're being tailgated	Two seconds
you're being tailgated by a tractor-trailer or bus	Four seconds
you're towing a trailer	Two seconds



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