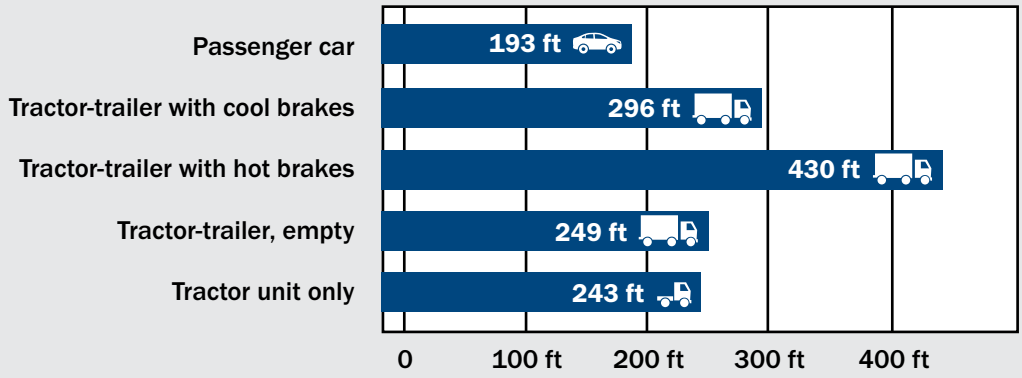
Maintaining SAFE SPEED *and* FOLLOWING DISTANCE

How vehicle speed impacts stopping distance

AVERAGE TOTAL STOPPING DISTANCE AT 55 MPH*



*Distance based on a study of average braking distances by the Insurance Institute for Highway Safety plus reaction distance recommended by the National Safety Council.

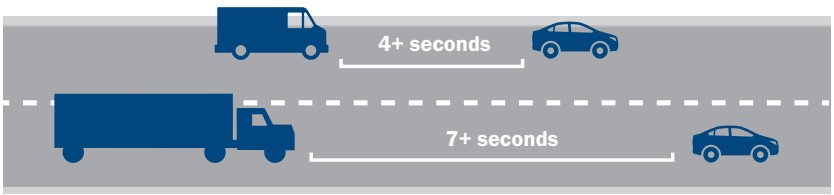
Using the time method to calculate safe following distance

1. Drivers should look for an **easily seen, stationary object** that is in front of the vehicle they are following. Reflective road signs and lit overpasses are good objects to use for this procedure, because they are easily seen during the day and at night.

2. Once the vehicle the driver is following passes the selected object, the driver should **begin counting in "Mississippi seconds"** until their vehicle passes the same object.

3. With this amount of time in mind, the driver should then calculate the proper following distance by adding **one second for every 10 feet of vehicle length** while rounding up to the next 10 feet and **one additional second** for each of the following:

   - traveling over 40 mph
   - traveling at night
   - poor visibility
   - poor road conditions



Vans should maintain a minimum following distance of four seconds and tractor-trailers should maintain a minimum following distance of seven seconds.

For example, if a driver is operating a tractor trailer that is 64 feet long and is traveling at 55 mph at night, the driver should give **seven seconds of following distance for the length of the vehicle, one additional second for speed over 40 mph and one more second for traveling at night**. The driver should then adjust their actual following distance to the following distance they calculated.