

# TOOLBOX TALKS

The Upside of Safety



## Driving: Following Distance

The following distance in front of the vehicle is a danger zone. It is also the area around your vehicle that you have the greatest control over. The following distance must provide adequate space to react, slow and stop to avoid rear-ending the vehicle ahead. Adequate following distance varies with speed, size of the vehicle and driving conditions. Professional drivers know their vehicles and allow a cushion of safe following distance.

### Causes of rear end collisions

- Following too closely or tailgating
- Lack of alertness
- Distractions
- Poor brakes or tires
- Road and weather conditions

### Avoiding rear end collisions

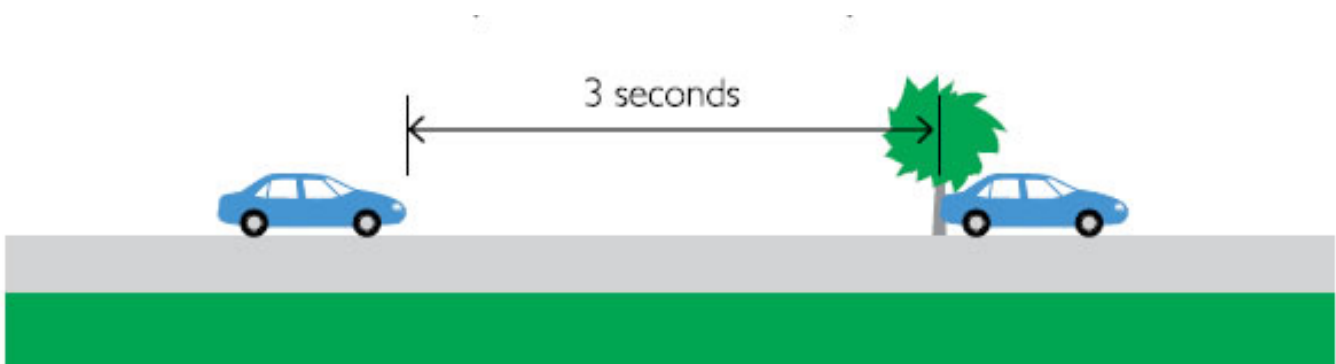
**Drive ahead of your vehicle** - be alert to the total traffic picture by scanning the area in your danger zone.



### Three Second Rule

**Apply the Three Second Rule** by picking a fixed reference point over which you can time the travel of your vehicle (e.g.: a sign, overpass shadow line, etc.). When the car ahead passes this point, start counting one thousand and one, one thousand and two etc. The front of your vehicle should not pass this point until you have completed your count to 3.

The count should be increased for larger, heavier vehicles, wet or icy roads, poor visibility, nighttime, etc.



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## ✓ SAFETYCHECK

Are you aware of the three second rule?

Is following distance adequate for the size of vehicle you are driving?

Is following distance adequate for weather conditions?

Are you aware of the causes of rear end collisions?

**Company:**

**Location:**

**Presenter:**

**Date:**

## ATTENDANCESHEET
