



OCTOBER 2018 TARP Safe Following Distance



Driving in traffic poses many dangers. With so much going on around your truck, it can be difficult to concentrate on driving protectively. When you lose your concentration, a crash can occur. In many cases, these rear-end crashes could have been prevented by maintaining a safe following distance.

It is a known fact that driving at a higher speed increases the chance of injuring or killing someone. A greater following distance can mean the difference between life and death. You must always do everything in your power to maintain safe following distance. The following tips will help you achieve a safe and manageable following distance.

1. Maintain at least a six-second following distance. Under normal highway-driving conditions it is important that drivers keep at least a six-second cushion between them and the other vehicles around them. Sometimes six seconds is not enough. In adverse weather/ road conditions, additional seconds will need to be added.
2. Drive within or under the speed limit. In heavy traffic try this: reduce speed to 3-5 mph below the speed of traffic. Cars will cut in front; however, as this happens they will continue to move away, i.e., the cars will increase the truck driver's following distance.
3. Check brake systems and adjust as necessary. Test the brakes for proper stopping before starting a trip to assure yourself that your brakes are adjusted properly. Learn how to determine if the air system is operating satisfactorily and check to make sure that low air warning devices are functioning correctly.

SIGN NAME _____

DATE _____

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