



**North American
Transport Services**

SPEED MANAGEMENT



Speeding simply increases your possibilities of an accident. When you drive at higher speeds it takes more time for you to stop on time. When you drive at 55 mph your vehicle will cover about 80 feet per second, so in a matter of 5 seconds you cover more than the distance of a football field (360 feet).

Total stopping distance includes:

1. Driver perception time: it's the time it takes the driver to see the hazard and for the brain to process the information. Normally it takes as long as $\frac{1}{4}$ to $\frac{3}{4}$ of a second.

2. Driver reaction time: it's the time it takes the driver to move his foot from the accelerator to the brake pedal. This takes about $\frac{1}{4}$ of a second to $\frac{3}{4}$ of a second.

3. Vehicle braking capability: this varies and it depends on the braking system, the conditions of the road, weight and size of the vehicle and the type of braking done by the driver.

Because stopping in time is critical to avoid an accident, you must always inspect your brakes during your PTI and before a prolonged downhill to make sure they're in good operating condition. Remember you must always log those inspections and perform the mandatory inspections when posted. Normally if a downhill is too steep or too long, a mandatory brake check is required and you will need to log it. Never let your truck roll down a hill, you must always keep control of the vehicle by using the right gear and braking technique.

When it comes to the road conditions you have to be careful because speeding includes traveling over the posted limit and traveling too fast for the conditions. Conditions include weather, construction zones, heavy traffic, approaching intersections and where pedestrians are present.

Keep it slow, keep it safe, it will save you money in fuel and it will prevent you from dealing with the aftermath of an accident.

