How fast can you stop?

The crash risk associated with speeding is extremely frightening. For example, you are twice as likely to have a serious crash travelling at 65 km/h in a 60km/h zone.

You are 4 times more likely to have a serious crash travelling at 70km/h in a 60km/h zone and 32 times more likely travelling at 80 km/h in a 60km/h zone.

Reaction distance (metres) + **Braking distance (metres)** = **Stopping distance (metres)**

This is the distance a car will travel from when the driver sees a problem and hits the brakes. The time it will take a driver to react - if they're alert and not playing with the radio or chatting with mates – is 1.5 seconds. But if the car is being driven at 60 km/h it will still travel 25 metres in the time it takes for the message to get from the driver's brain to their foot.

This is the number of metres a car will travel between the driver hitting the brakes and coming to a complete stop. The car will cover another 20 metres before this happens, assuming the road is dry, and the car has good tyres and brakes. If the road is wet or the car is a bit dodgy things can change dramatically.

HOW FAST CAN YOU STOP?

THE TWO SECOND RULE

Select a stationary point ahead. When the vehicle in front of you passes that point start counting

"1001, 1002"

If you reach that point before you count 1002, you are too close. SLOW DOWN!