



Typical Stopping Distances

The stopping distances given below are a general guide.

The distances will depend upon your attention (thinking distance), the road surface, the weather conditions and the condition of your vehicle.

Your brain needs time to process the information before sending the message to brake.

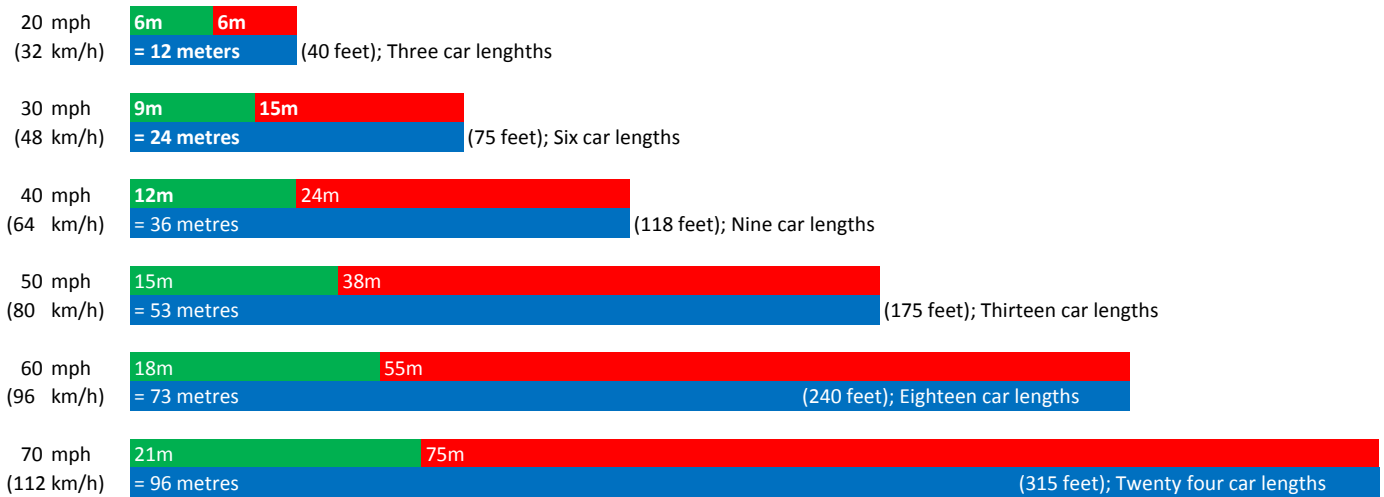
We call this the **'Thinking Distance'**

Your vehicle travelling at speed takes time to come to a complete stop.

We call this the **'Braking Distance'**

Thinking Distance PLUS **Braking Distance** EQUALS **Stopping Distance**

Vehicle Speed



IF YOU DOUBLE YOUR SPEED, YOUR THINKING DISTANCE DOUBLES BUT YOUR BRAKING DISTANCE QUADRUPLES!

Always drive at a speed that will allow you to stop well within the distance that you can see to be clear.

You should leave enough space between you and the vehicle in front of you so that you can stop safely if it stops suddenly. A safe rule is to never get closer to the vehicle in front than the overall stopping distances shown above.

You should leave at least a two-second gap between you and the vehicle in front when on roads carrying faster moving traffic and in tunnels where visibility is reduced. If the roads are wet, the gap should be at least doubled and increased further if the roads are icy.

Don't forget that motorcycles and large vehicles need more distance in which to stop.

If driving a large vehicle in a tunnel you should leave at least four seconds between you and the vehicle in front.