



Driving to work, or as part of your job, is the most dangerous work-related activity you do. As speed plays a part in every crash on our roads, why not use this Road Safety Week to learn more about the risks posed by speed and how to keep yourself and others safe?

Why is speed important?

Around a quarter of fatal crashes in Britain involve someone who was speeding or travelling too fast for road conditions. Reducing vehicle speeds is one of the most effective ways for drivers to protect themselves and other road users from a crash.

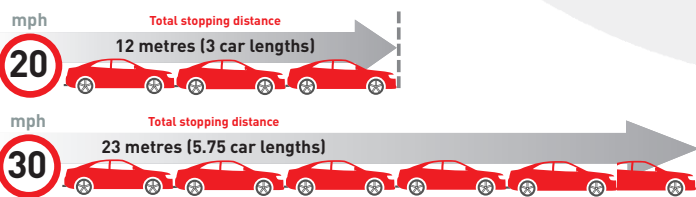
At slower speeds, drivers have:

- Better vehicle control
- More time to see and avoid hazards
- Greater ability to stop in time and avoid a crash.

Speed and stopping distances

Small increases in speed lead to bigger increases in stopping distances. If something unexpected happens on the road ahead, speed will determine whether you can stop in time, or how hard you will hit.

- Cars travelling at 20mph need 12 metres to stop
- Cars travelling at 30mph need 23 metres to stop



The distance a car travels before stopping involves:

- **THINKING DISTANCE** – how far the vehicle travels while you perceive the hazard
- **BRAKING DISTANCE** – how far the vehicle travels after pressure is applied to the brakes.

Speed and injury

When a vehicle crashes, the amount of kinetic energy that the vehicle has determines the force of impact. Small increases in speed lead to much higher increases in kinetic energy.



A crash at 30mph involves twice as much energy and destructive potential as a crash at 20.

The amount of kinetic energy transferred in a crash depends on the mass of a vehicle and its speed. Large vehicles like trucks and buses often cause the most catastrophic collisions.

What can you do?

- never exceed local speed limits
- adapt speed to 20mph in built-up and residential areas
- drive at safe and appropriate speeds in adverse weather conditions
- apply defensive driving techniques and spot hazards well in advance
- maintain safe following distance from the vehicle in front
- avoid unnecessary risks like dangerous overtaking manoeuvres.

1.3 million people die on roads every year.



Each death is a tragedy, each death is preventable. MyBrake gives you the tools and guidance to help you make a difference. Sign up at brake.org.uk and together we can make roads safer for everyone.

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