



RISK REMINDER

September 2020

Name: _____ Company: _____

PREVENTING REAR END COLLISIONS

REAR END COLLISIONS – HOW TO AVOID HITTING ANOTHER VEHICLE

What is the main cause of rear end collisions?

Nearly one third of all motor vehicle accidents are the result of rear-end collisions according to the National Highway Traffic Safety Administration (NHTSA). Common causes of rear-end collisions include: Speeding. Distracted driving (i.e. texting, reading, eating, etc.) These crashes result in a substantial number of injuries and fatalities each year.

Drivers should leave plenty of space between their vehicle and those in front and behind them. A safe following distance is one that will allow the driver to perceive the vehicle in front braking, put on their brake and stop the vehicle safely. This will also give the person behind enough time to react and stop safely.

POINTS TO AVOID REAR – END COLLISIONS INCLUDE:

- Check your mirror frequently, as part of a wider “scanning” routine.
- Drive at a safe speed. The faster you drive the more likely you are to have to brake suddenly.
- Look well ahead. By looking ahead you can brake well in advance of a hazard and, in turn, provide the road user behind with more time to brake.
- Brake smoothly and steadily. This gives the road user behind more time to adjust their speed and come to a stop safely.
- Beware of tailgaters. All drivers should follow the three-second rule but we’ve all been the victim of another road user driving too closely behind. If you are being followed too closely you could try changing lanes (if you’re traveling on a motorway/highway and if it’s safe to do so). If not, pull over when it’s safe to do so and let the other road user pass. Don’t let anyone else bully you into speeding and never hit your brakes to teach another road user “a lesson”.
- Keep your foot on the brake pedal while stopped to make it more obvious to other road users that they need to stop too.
- Use hazards/ blinkers to alert other drivers if necessary. For example, if traffic slows suddenly because of road works or an incident.
- Occasionally check to see if your rear tail-lights are all operating properly.
- Make sure you complete pre-and post-trip vehicle inspections to prevent “surprises” down the road.
- Check the weather report prior to leaving on a trip to avoid dangerous situations.



Questions (True or False):

1. Don’t worry about using your hazards because everyone will see a truck. _____
2. You don’t have to worry about the weather because a truck can “go through anything”. _____
3. The faster you drive the more likely it is you will have to brake suddenly. _____

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