



Speeding

You have heard the saying SPEED KILLS. Unfortunately, this statement is very true. Most accidents that involve a death and/or a serious injury can be traced to excessive speed. If we did a survey of almost any group, 75% if not 95% of those polled would have exceeded the speed limit at least once in the past 24 hours. (Ask for a show of hands in your group and see if that is not true).

**SHOW & TELL FORMAT: (should be done in a parking lot)
SHOW each technique and TELL the group what the technique is. Go to your yard area and walk the drivers through the facts listed below. Use your vehicle as your platform to present the techniques.**

Listed here are some facts about speeding that you need to know:

- 1. Speeding reduces the driver’s ability to steer safely around curves and avoid objects on the road.
- 2. Speeding increases the distance necessary to stop a vehicle (e.g. at 55mph it takes 217 feet to stop a vehicle and at 70mph it takes 351 feet stop the same vehicle).
- 3. Speeding increases the reaction time it takes a driver to respond to an emergency situation. At 55 mph you will travel approximately 81 feet in one second and at 70mph you will travel 103 feet. If your reaction time is 1 second you will be 22’ closer to the problem at 70mph before you react.

If you think speeding will get you there a lot faster, consider this: The Minnesota Safety Council did an experiment. They had two drivers in the same type of vehicle drive the same 1,000 mile route at different speeds. The first driver passed 2,000 cars, braked 1,339 times and covered the distance in 20 hours and 12 minutes. The second driver passed 13 cars, braked 652 times and covered the distance in 20 hours and 43 minutes. 31 minutes difference between the two drivers. The faster driver used 10 gallon more gas and his blood pressure was higher due to the excessive speed and tension. Is SPEED worth it?

SHOW: (Choose a volunteer) Have one worker discuss one of the facts presented.

Employee’s Signature: _____ Date: / /

Presenter’s Signature _____ Date: / /

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