



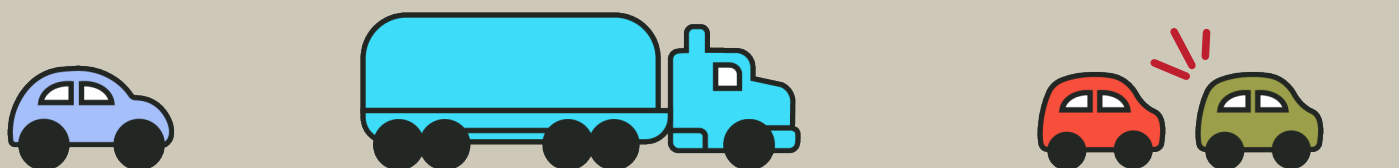
Avoid Pecking at Their Bumper:

What is the correct following distance?

An NRSP survey found that

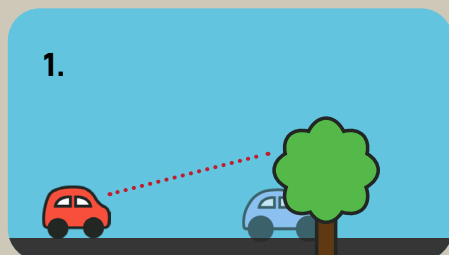
1 in 10

drivers admitted they do not consistently maintain a safe following distance.



Always maintain a safe gap between your vehicle and the one ahead. A reliable guideline is the three-second rule¹³:

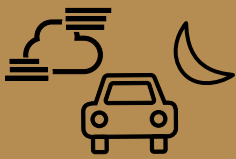
1. Pick a fixed object on the side of the road, such as a sign or pole.
2. When the vehicle in front passes it, count out three seconds, starting at zero.
3. If you reach the object before you finish counting, you are following too closely and should slow down to create more space.



Make sure to adjust your following distance based on the conditions.

Increase the gap to four seconds when:

Driving at night or in
low visibility



Roads are wet,
icy, or foggy



Tired or less
alert



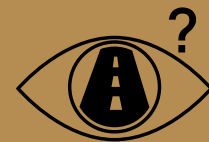
Driving a heavy
vehicle or one that
takes longer to stop



Towing a trailer
or caravan



Unfamiliar with
the road



When traveling at higher speeds, increase your distance to at least **five seconds**. This gives you more time to react and brake safely⁵. If you are towing a trailer or caravan, add one extra second for every 3 meters of trailer length⁸.



**Increase distance
to At least 5s**

**+ 1 second of following
distance for every 3 m of
trailer length**

