

**Leave earlier,  
get there safer!**

# **WATCH YOUR SPEED**

## ***I'm SPEEDING?***

*Yes, you are IF:*

- you drive above the maximum speed limit or
- you drive too fast for the weather, road and/or traffic conditions, even if the posted speed limit is not exceeded.

Speeding is one of the most common reported factors associated with crashes. And yet, few drivers view speeding as an immediate risk to their personal safety.

### **Knowing More About Speed Could Save Your Life...Or Someone Else's**

Stopping distance is the minimum distance needed to stop completely once you have seen an obstacle.

Stopping distance includes the entire time from the moment an obstacle appears ahead (Perception-Reaction time) until you bring your vehicle to a complete stop (Braking time).

**Perception-reaction time** is the time it takes you to predict, decide and execute your decision. The perception/reaction time for the average\* sober rested driver is 1.5 seconds.

**Braking time** refers to the time it takes to brake to a complete stop once you apply the brake. The faster your speed, the greater the distance you cover during braking. Greater braking distance will be needed if your brakes or tires are worn, if the vehicle is heavily loaded or if the road surface is wet or icy.



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## The faster you go, the harder you hit

It is important to know antilock braking systems (ABS) do not necessarily reduce braking time or distance. In fact, braking time on wet pavement, on snow or gravel, the stopping distance is greater than with conventional brakes.

The increase in stopping distance required is not equal as your speed increases. As can be seen, it almost doubles between 30 and 50 km/h and almost triples between 50 and 100 km/h.

### Total Stopping Distance (on dry asphalt)

	Perception/ Reaction Time	+	Braking Time	=	Total Stopping Distance
30 km/h	13 m	+	5 m	=	18 m
50 km/h	21 m	+	14 m	=	35 m
70 km/h	29 m	+	28 m	=	57 m
100 km/h	42 m	+	56 m	=	98 m
110 km/h	46 m	+	68 m	=	114 m

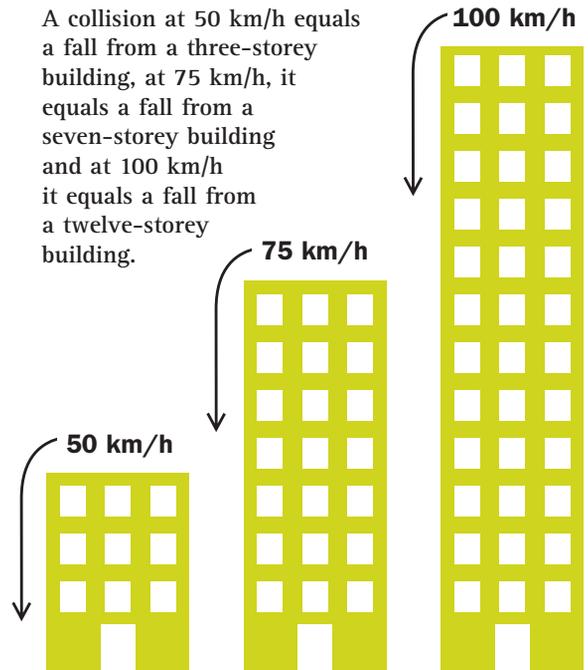
\* Reaction time can increase or decrease, depending on the person and the situation.

The severity of your crash increases based on your speed at the time you crash. The greater the speed, the greater the chance of death or serious injury. It's one of the laws of physics.

In a collision, the vehicle's speed decreases abruptly, while its occupants continue on toward the point of impact. The kinetic energy released equals the weight of your vehicle multiplied by the square of its speed. The energy released results in injuries. Therefore, the seriousness of a crash (ie. energy released), depends on the weight of your vehicle but especially on the speed.

- A crash at 60 km/h, is 44% more violent than one at 50 km/h. \*
- A crash at 100 km/h is 300% more violent than one at 50 km/h. \*

\* Assuming all conditions are equal



## The road is not a roller coaster

Speeding reduces your ability to steer safely around curves on highways or objects on the roadway. A vehicle travelling around a curve or around an object is subject to centrifugal force. Every curve has a critical curve speed and should be taken at the recommended speed, or below depending on the conditions. If you travel faster than the curve is designed for, you will break the centrifugal force, and your vehicle will start to slide out of the curve sideways, which could lead to a rollover.

Centrifugal force is the feeling you get when you round a corner in your car – you seem to be pushed to the outside of the curve. It's just like the feeling you get when you're on a roller coaster.

## All Conditions Apply

Speeding includes driving too fast for the conditions. This means that you can be travelling too fast even if you are not exceeding the speed limit.

Factors to consider:

- **Weather** – rain, snow, wind – affects your field of vision and the condition of the road causing you to need more time and distance to stop.
- **Road surface** – pavement, gravel, ice – will change the time and distance needed to stop.
- **Location** – school zone, playground, rush-hour – driving in these areas needs to be reasonable and prudent.
- **Driver** – mood, fatigue, physical illness, distractions – affect how a driver perceives and reacts.

## Fast Facts

- On average each year, 14 fatal and 384 injury crashes occur that are attributed to at-fault drivers who speed.
- Speed is a primary factor in 15% of crashes attributed to at-fault drivers.
- **Over one thousand** drivers involved in collisions each year in Manitoba either exceeded the posted speed limit or drove too fast for conditions.
- Drivers between the ages of 16 and 24 have the highest number of speed-related crashes per 10,000 drivers.
- Crashes related to driving over the speed limit are prevalent from April through the fall with two peaks in July and October whereas crashes related to driving too fast for conditions are most prevalent in December and January.

## Take Action, Now - Slow Down!

- Know the limit, do the limit.
- Continually monitor your speed.
- Use your cruise control on the highway.
- Adjust your speed for the weather, road and/or traffic conditions.
- Set a good example.
- Be nice to your pocket book - save on gas, tickets, your license and your insurance!
- Leave earlier, get there safer.