

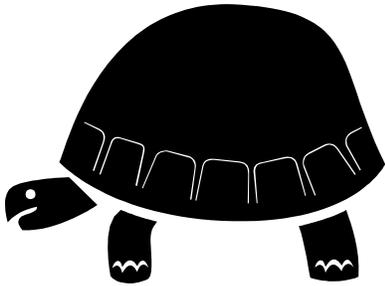


Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

Slow Down And Live



Is it worth taking large risks for the small benefit of reaching your destination sooner? Rush hour doesn't have to be. **Slow down and live.**

When it comes to speeding and your own personal safety, the laws of physics are far more important than the laws of government.

The fundamental principle to keep in mind is this: it's not how fast you go that kills you, it's how fast you're going when you hit something.

The faster you go:

- The farther you travel after detecting the need to stop or slow. By then it may be too late to avoid a collision.
- The longer your stopping distance. If a car stops suddenly in front of you; if a pedestrian should step in front of you; if a deer should dart out of the woods on the interstate; the faster you're going, the less chance you have of stopping in time.
- The less time you give yourself to react to any road hazard just out of sight around the next bend.
- The more severe your injuries in a collision. A frontal impact at 35 mph, for example, is 33% more violent than a collision at 30 mph, even though you've only increased your speed by 16.6%. The energy released in a collision at 60 mph is 200% greater than at 40 mph, even though you've increased your speed by only 50%.
- The harder it is to take evasive action, and the more likely the car will turn over if you do.
- The less likely your vehicle's design and restraint systems will be able to protect you.
- The more likely you'll die in any collision. Speeding is involved in one-third of all fatal crashes.

With today's faster vehicles and higher speed limits, it's more important than ever to take this advice to heart: always be speed-conscious when you get behind the wheel.