



Safety Tips

A five minute training Series for PCOs.



Proper Stopping Distance



Many of our vehicle accidents happen because we stop too close to the vehicle in front of us. Each and every time you stop, always stop far enough behind the vehicle in front of you, to be able to see their rear wheels touching the pavement. By stopping this far back, you can avoid a vehicle accident by:

- Leaving enough distance to prevent being pushed into the vehicle in front of you should the person behind you not stop in time.
- If you are watching your rear view mirror and see the person coming up too fast to stop, you can use the distance in front of you to pull out of the way.
- You can prevent the person in front of you from rolling or backing into you.
- When the traffic begins to move, you will have enough space in front to stop, in case the person you are behind has to slam on their brakes.
- If traffic is stopped due to an accident or stalled vehicle, you have enough space to pull around the vehicles.

When the traffic light turns green and the vehicle in front of you begins to move, allow that vehicle a 3 second headstart before beginning to move. This will provide an adequate safety zone in front of you.

**By stopping back this far, you will also be perceived as a courteous driver.
Remember, you are driving the company's billboard!**