



# Safety Tips

A five minute training Series for Pest Management Professionals.

## Following Too Close



One of the most common causes of our vehicle accidents is following other vehicles too closely. Unfortunately, this is compounded by other distractions, such as map reading, tuning the radio, sightseeing and cell phone use, to name a few. If you are not paying attention to where you are going, there is an excellent chance that you will eventually hit something or someone, and most likely another vehicle.

The National Safety Council recommends, as do most states' laws, that you should always follow at least two seconds behind the vehicle in front of you. This will allow adequate time to stop under normal conditions, assuming that you are paying attention to traffic.

Pest control technicians often are driving vehicles that have considerable amount of weight on them (tanks containing pesticides, chemicals, traps, baits, and many other items that add considerable weight to the vehicle) which requires more time, distance and effort to stop. PestSure recommends using a three second rule, which basically means giving the vehicle in front of you a three second lead. This is very important since many other vehicles follow too closely, which takes away from your safety margin in an emergency stop.

### **How do I determine if I am three seconds behind the vehicle in front of me?**

While following a vehicle, find a landmark on the road (an overpass, street sign, mile marker, etc.) When the vehicle in front of you passes that landmark, count to three by saying "one, one thousand, two, one thousand, three, one thousand". When you finish this count, you should be passing the same landmark. If you pass it sooner, you are following too closely for the speed being driven. If you pass it later, then you are at least three seconds behind the vehicle.

Following too closely will not get you there any faster and it will greatly increase the probability of an accident. Then you won't get there at all.

If someone wants to cut in front of you, let them. They are potential customers, or existing customers, and will appreciate your courtesy. This may prevent adverse publicity for your company and prevent possible confrontations or road rage.