



Training Subject: Drive at a “Seeing” Speed Training Method: Facilitator Led Training

Learning Objective:

- a. Trainees will learn the importance of driving at a “seeing” speed

Time Required: 12 minutes

Materials Required:

- A pencil and paper for employees to take notes

Training Outline:

1. (1 minutes) Explain that drivers can never drive faster than conditions allow. You have to be able to stop within the distance that you can see.
2. (2 minute) Ask the group to name some situations where a driver can't see far enough to drive the posted speed limit.
3. (2 minutes) Explain that one such situation is over driving your headlights. You must be able to stop within the distance you can see.
4. (2 minute) When driving at night you have to be especially aware of signs that warn you of changes in the roadway such as ending lanes, approaching turns, etc.
- 5.(2 minute) When you are in hilly terrain or winding roads you must anticipate a problem over the hill or around a turn. Reduced speeds are necessary.
6. (3 minutes) Discuss areas where they drive that this information is especially applicable. Ask them, “How important do you feel this information is?” Finally, celebrate the group's success.

Training Checklist

To effectively train this subject, did you ...

- _____ ensure that the trainees know and understand the learning objectives?
- _____ explain that responsibility for the learning outcomes is mutually shared?
- _____ give the trainee clear directions?
- _____ provide the necessary materials and room for the trainee to be successful?
- _____ give the trainee sufficient time to learn the objectives?
- _____ provide reinforcement and encouragement to the trainee?
- _____ encourage and ensure time for the trainee's reflection and evaluation of the process?



Driving at a “Seeing” Speed Training Leader’s Notes

1. Announce the objective: The objective today is to learn the importance of driving at a “seeing” speed.

2. Explain to the group. Driver can never drive faster than conditions allow. You must be able to stop within the distance that you can see. This is called a “seeing” speed.

3. Ask the group to name some situations where they must drive at a “seeing” speed. Some of the situations you hope they will cite are driving at night, driving over hills and through twisting, winding roads. Fog, rain, dust and other vision restricting conditions may also be named and they are also valid examples.

4. You can’t over drive your headlights. When driving at night, sundown, and sunup your speed is restricted by the vision offered by your headlights. Most high beams illuminate about 450 feet. At 65 MPH you will use almost all that distance to stop. If you are on low beam headlights you can only see about 300 feet. That means you need to drive 55 MPH maximum to be certain you can stop in that distance. If the road is illuminated by lights and you can see the lights and tail lights of other cars you can increase that speed as desired. However, you must be able to stop within the distance you can see.

5. Driving at night requires that you pay special attention to signs and warnings. Look for warning information especially at night. You want to know if the lane ends ahead or if there are turns approaching, etc., so you can make smooth adjustments. You may not be able to see the hazards early enough at night. Also, when you go through turns, your headlights are aimed ahead and don’t immediately pick up hazards that may lie in the turn.

6. Reduce your speed for hilly terrain or winding roads. One reason why speeds are reduced on hilly terrain and winding roads is because drivers can’t see the hazards that may lie in front of them. You must drive as if you expect a problem lies ahead. Reduce your speed when in these conditions.

7. Discuss areas where your drivers confront these situations regularly. Be certain you assure them that they will not lose time by reducing speed. Driving a little slower does not mean arriving much later. In all conditions, the correct speed is the speed at which you can safely stop within the distance you can see. That might be the posted speed limit but it is sometimes a slower speed. Driving so you can stop when necessary just makes good driving sense. Ask that everyone raise their awareness to this often overlooked technique.