

Road Safety Campaign – Driving at a Safe Distance

September 2018

Intended Audience:

e.g. All, Delivery, Mail Centre, Logistics, International, PFW, RMSS, other

Managers' Brief

Introduction

Driving too close to the vehicle in front of you is dangerous making it very unlikely you would be able to avoid a collision if the driver in front were to brake quickly.

Tailgating is often used by vehicles travelling at faster speeds, to encourage drivers to pull out of their way, and puts both parties at risk.

Overview

Ask your drivers the following questions:-

How do you feel when a driver tailgates your vehicle?

How much space do you leave when driving behind a vehicle?

Would you consider yourself to be an aggressive driver?

What should you do if you are being tailgated?

Facts and Figures

- In 2017/18 Royal Mail were involved in 655 reported accidents where the primary cause was considered to be driving too close to the rear of the vehicle in front. This equates to 10% of the year's claims.
- The cost associated to these incidents was 16% of our overall claims spend for that year at £2.55m.
- Drivers are being reminded to keep their distance as road safety charity Brake reveals that 6 in 10 drivers admit to risky tailgating.
- 14 % of casualties on our roads are caused by people tailgating.

Actions you as professional drivers can take to keep your distance:

- Keep alert and pay attention to the road and other road users, good and bad.
- Leave at least a two second gap between your vehicle and the vehicle in front.
- If you are being tailgated you should:
 - ✓ Slow down - ease your foot off the accelerator - this enables you to control the speed of the vehicle behind and then let the driver pass as soon as possible.
 - ✓ move into the inside lane, if it is safe to do so – make sure you apply the two second rule to any vehicle when travelling behind the vehicle in front.
- Adjust your driving to the road and conditions remember leave at least 4 seconds gap in bad road conditions.

The 2-Second Rule

As the car in front passes a fixed point, such as a sign or a bridge, start to say 'only a fool breaks the 2-second rule' in normal talking rate.

The phrase takes about 2 seconds to say, so if you pass the same fixed point before you've finished saying it, you're too close and should leave more room.

In wet conditions, this gap should be at least doubled. In icy conditions, it needs to be increased even further. Drivers are reminded that it is their responsibility to drive according to the conditions at all times.

Things you can do in slow moving traffic – Tyres and tarmac:

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Tyres and tarmac rule - The tyres and tarmac rule refers to the stopping distance behind another vehicle when you come to a stop in traffic. Always stop so that you can see all of the tyres of the vehicle in front and around a metre of road tarmac.

- This allows you room to pull out and around the vehicle if it stalls or breaks down
- It enables you to see further up the road
- It gives you a buffer in case someone hits you from the rear
- It gives you a buffer if the vehicle in front rolls back towards you.

Actions

Remind all drivers to drive at a safe distance at all times using the 2 second rule.

All managers to complete a driver/vehicle SMAT focussing on drivers keeping their distance when out on the road.

(Link to intranet site to be inserted)

Preparing your WTLL session

Use the local driver RTC statistics from your unit to give actual number of rear collision RTC's. If you have a driver who is willing to talk about an RTC that they had and the importance of keeping your distance from the car in front, get them involved and use their story.

Facilitation tips

Display the poster that will be sent out to offices on Also available on the following link.

Running the session

Display the poster on 10 September 2018

Deliver this WTLL session using the link to films if possible.

Make staff aware of the RMTV session that will run alongside this campaign.