



Drops of Wisdom

Extend your vision: One of the most important things you can do to be a safer driver is to look well ahead of you when you're driving, so you can pick up potentially dangerous situations before it's too late.

The earlier you spot a potential hazard, the more time you will have to take evasive action. Rather than looking only as far as the vehicle in front of you when driving, you should actually be scanning the road in front to a distance of at least 12 seconds ahead of where your car is – that is, the place you will be after driving for 12 seconds.

As a rough guide, at 50km/h, 12 seconds is 166 meters or about two city blocks. This means at 100km/h you should look ahead as far as you can see.



- Check well ahead and behind for any potential hazards. Don't look away if you can see potential hazards.
- Remember if you do look away from the road make sure you don't go off course.
- Never take your eyes off the road for longer that is absolutely necessary. For example, while driving at 90km/h, if you took your eyes off the road for two seconds you will travel 50 metres.

Keep your eyes moving: many people only look **ahead** of them when driving. This means they're not getting the full picture of what's happening on the road.

As well as looking ahead, you should also use your mirrors to look to the **sides** and **behind** often enough to be aware of surrounding traffic.

Moving your eyes regularly and concentrating on what's going on around you will also help you to stay alert on long journeys.

- Create a cushion of safety ahead of you by maintaining a safe following distance. Use the two-second rule or the four-second rule when appropriate.
- Create a cushion of safety behind you by maintaining a safe distance between you and any following vehicles. If a vehicle is following you too closely, slow down, move over and let it pass.

