

To maintain a safe following distance, use the Two-second Rule.

The advantages of the Two-second Rule are:

1. This rule can be applied at any speed.
2. Drivers need not know the actual following distance.

A safe following distance also enable us to –

1. Observe the traffic pattern well up ahead of the front vehicle.
2. Start braking as soon as, or sooner than the driver in front of us.
3. Brake gently.
4. Have extra time and space in which to STOP.

Observing a safe following distance allows preventable accidents. It also helps build your confidence and makes riding more relaxing and enjoyable.

ACCIDENT WITH THE VEHICLE BEHIND

242. For this type of accident, the causes are quite the same as in the previous position “Accident with the vehicle in front”, except that this time you are the front vehicle.

However, the most likely reason for the vehicle behind to hit you is that it did not keep a proper following distance, meaning It follows too closely behind you.

Why would the driver follow so closely behind you?

Could it be you are riding too slowly, or the driver behind is in a hurry.

When someone follows closely behind you, he is telling you to move over and let him pass.

If you ignore him or increase your speed, he is likely to stay closely behind you for a while.

In the meantime, if you are forced to brake suddenly avoid some danger, which always happens unexpectedly, then you stand a good chance of being hit by the vehicle right behind you.

Usually when a driver is in a hurry, his concentration is divided. Therefore, you have to give the driver behind you ample space to slow down or stop in case of emergency. This can be done by lengthening your following distance from 2 seconds to 4 seconds. The extra time and space you have for yourself eliminates the need to apply braking for you and the driver behind. You are in fact doing the Two-second Rule for the driver behind you and yourself.

DEFENSIVE APPROACH TO ADOPT

THE FOUR SECOND RULE

243. Apply the count of 4 seconds (one-thousand-and-one, one-thousand-and-two, one-thousand-and-three, one-thousand-and-four) in the same manner as the 2-second rule.

