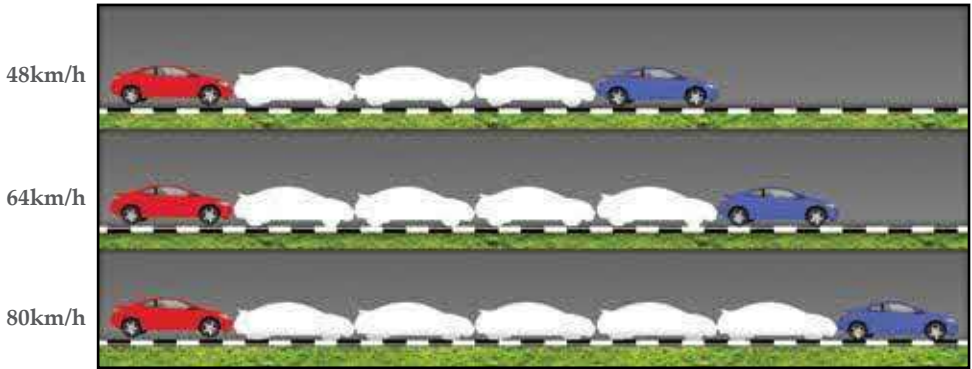


- 213 To be able to stop with an appropriate space between your vehicle and the vehicle in front, you must allow at least one car length for every 16km/h of your speed.



- 214 A simple way to ensure a safe gap between you and the vehicle in front is to use the 'two-second' rule. As the vehicle in front of you passes a stationary object, such as a lamp post on the side of the road, start counting to yourself 'one-thousand-and-one, one thousand-and-two'. This will take you 2 seconds. If you reach the same spot before you finish these eight words, you are following too closely and it is necessary to slow down. This rule will keep you at a safe following distance and will apply to all types of vehicles at any speed.

" One thousand and one, one thousand and two "



(Vehicle 'A' does not pass the lamp post before counting "one-thousand-and-one, one-thousand-and-two". Thus vehicle 'A' is at a safe following distance from vehicle 'B')

- 215 Be aware of the traffic behind you by checking the rear-view mirror inside the vehicle as well as the wing mirrors from time to time. Check your blind spots by turning your head to look over your shoulder before switching lanes. Do not swing out, change lane or stop suddenly or at short notice. Show clear and correct signals to inform the vehicle behind of your intentions.

