

## 9. Emergency stop

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One of the main rules of driving is: 'check your mirrors before every manoeuvre'. The emergency stop is the one (and only) occasion that this rule can be broken.

In an emergency, the most important thing to do is to stop quickly and safely; taking time to check your mirrors could literally mean the difference between life and death. However, this does not mean that you should ignore what's happening behind or that it's OK not to check the mirrors; simply remember that stopping is a higher priority than a mirror check. Brake first - then mirrors.

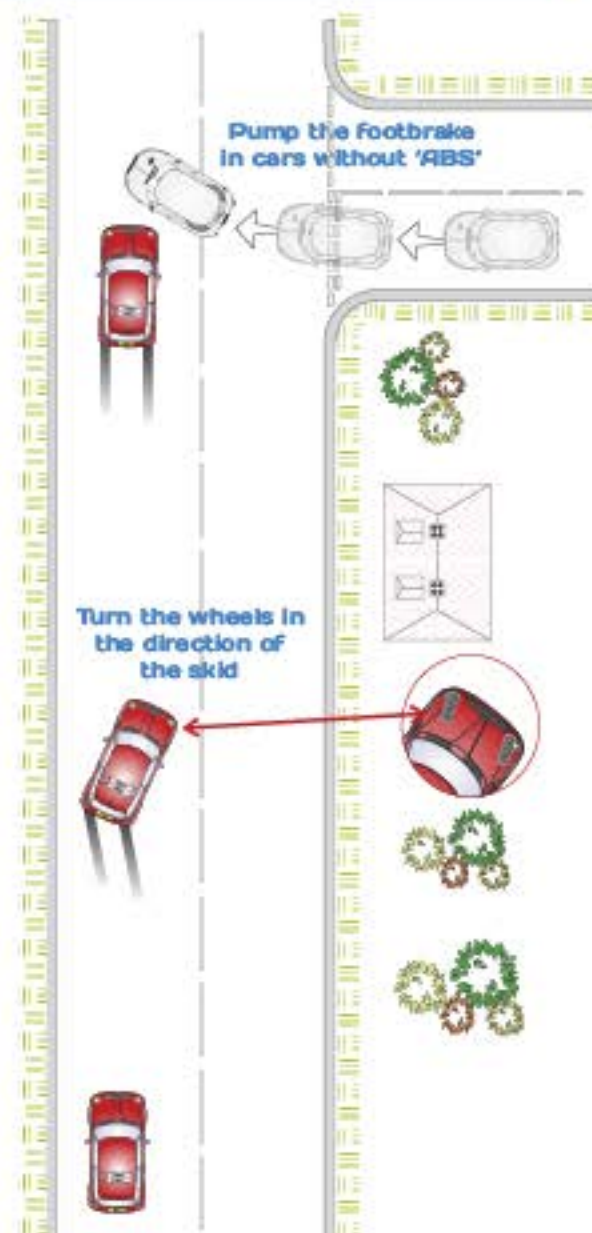
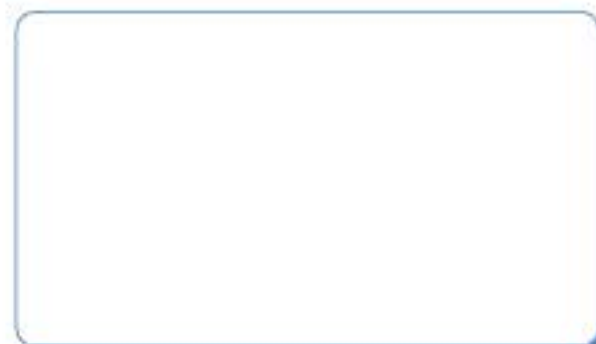
By keeping both hands firmly on the steering wheel and pressing the brake pedal before the clutch, you will gain maximum stability. Be prepared for the 'rattle' of the anti-lock braking system (ABS) and keep the brake pedal firmly pressed.

When practising the emergency stop, apply the handbrake and select neutral after the car has stopped. In a real emergency, quickly assess the situation all around (mirrors) after stopping; you might need to move your car in order to avoid further danger.

There is a possibility of skidding in some emergency situations. In a car without ABS you can regain control by releasing and then reapplying the footbrake in quick succession. If the rear of the car slides sideways, turn the steering wheel in the direction of the slide to straighten up; at the same time, look well ahead to keep on course.

In emergency situations it becomes especially important to look for spaces and not obstructions - always look for a gap, a way out. Ultimately, the best advice about emergencies is avoid them! Do this by always keeping a safe speed and distance from others.

**Be prepared for  
the unexpected!**



### Lesson Notes:

