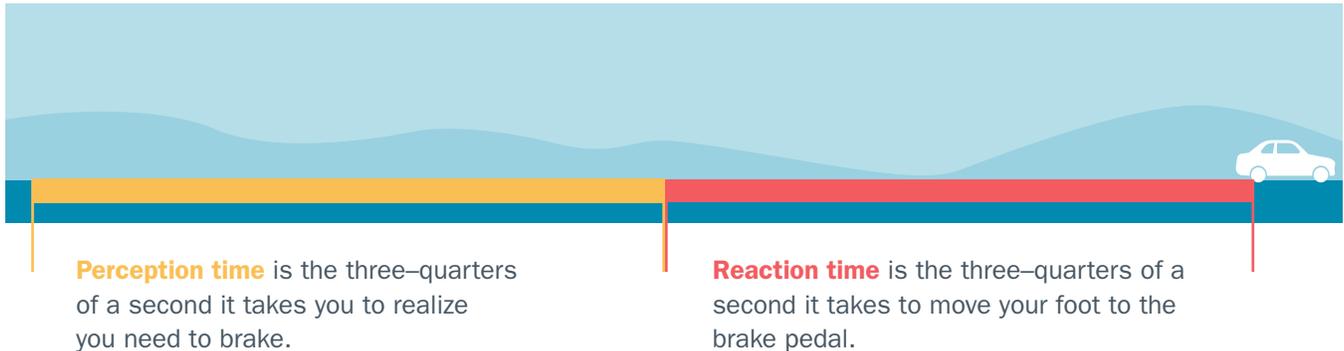


DRIVER COACHING SERIES: PERCEPTION AND REACTION TIMES



Perception time is the three-quarters of a second it takes you to realize you need to brake.

Reaction time is the three-quarters of a second it takes to move your foot to the brake pedal.

When you combine perception and reaction time, a full 132 feet will pass before your vehicle even begins to slow down from 60 mph. So, from your perception time until your vehicle comes to a complete stop, a total of 4.6 seconds has elapsed.

During that time, your vehicle has traveled more than 270 feet — that's almost the length of a football field! Of course, the faster you go, the more time and distance it takes to stop.

Keep in mind the conditions that increase your braking time, such as bad weather and the weight of your vehicle. Keep plenty of space in front, back and sides of your vehicle, and cover your brake at intersections.

NOTE: Vehicles with airbrakes also experience brake lag because of the air pressurized system.

Being a defensive driver and avoiding distractions while you drive is everyone's responsibility. By following these tips, you help ensure your safety — and the safety of those around you — when you're on the road.