



**KEEP YOUR  
DISTANCE**

**WATCH  
YOUR SPEED**



**CFOA**  
Chief Fire Officers  
Association

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**National Road  
Safety Day**



**ONLY A FOOL  
BREAKS THE  
TWO SECOND RULE**

# Keep your distance watch your speed

It's better to arrive 5 minutes late in this life than to arrive 5 minutes early in the next

## Only a fool breaks the two second rule

Avoid driving too close to the vehicle in front consider stopping distances and using an appropriate adjustment for the conditions (poor conditions, visibility)

### Did you know?

- The faster a vehicle is driven, the less time there is to react to hazards
- Department for Transport (DfT) research shows that 85% of pedestrians who are hit at 40mph will die, compared to 45% at 30mph and 5% at 20mph
- DfT research shows that 59% of drivers break speed limits on 30mph roads
- If you are caught speeding, you face a fine, points on your licence and even a ban.

### What you can do:

- Stick to the speed limits
- Drive at a speed appropriate for the conditions. Remember in wet or icy conditions, it will take longer to stop
- Remember the 2 second rule