

AT-RISK BEHAVIORS BEHIND THE WHEEL



SPEEDING

RECENT TRANSPORTATION DATA

According to the National Highway Traffic Safety Administration, the top reason for traffic collisions and fatalities is driving too fast for the road conditions.

The National Safety Council reported that in 2021:

- Speeding was a factor in 29% of all traffic fatalities, killing a total of 11,258 people. That's an average of over 30 people per day.
- The total number of fatal motor-vehicle crashes attributable to speeding was 10,136.
- The proportion of speeding-related crashes to all fatal crashes decreased as the age of the driver increased.
- The proportion of female drivers who were speeding is smaller than male drivers across all age groups.

AT-RISK BEHAVIORS WHEN DRIVING

Going over the speed limit by a few miles per hour or keeping up with the flow of traffic can lead to a dangerous situation. As your speed increases, your reaction time becomes limited, and you lose the ability to stop or react quickly.

Speeding increases fuel consumption and decreases fuel economy. Research has shown that only a small amount of time is saved by speeding: just 26 seconds a day and two minutes a week. Is that worth the increased risk of having a collision and hurting yourself and others?

SAFE DRIVING STRATEGIES

Pay attention to speed limit signs. The set speed limit is deemed as the safest maximum speed when driving conditions are at their best, such as during daylight hours, light traffic and good weather.

- Allow yourself enough time to reach your destination and check traffic conditions to determine the best time to leave.
- Limit driving when you are emotional.
 - If possible, take time to relax before driving. Driving while angry, upset or stressed can lead to an increase in gas pedal pressure, increasing your speed and decreasing your reaction time.
- Learn to recognize your personal triggers.
 - For example, if you are prone to road rage, recognize opportunities for improvement and remove yourself from situations that might increase your emotional reaction.
- Always wear your safety belt and require passengers to wear theirs, too.
- If you notice an issue with your speedometer or suspect discrepancies, have it checked to determine its accuracy.

