Transport Safety Pack

SPEED AND SPEEDING SAFETY GUIDE

Speeding continues to be a major factor in road crashes involving trucks and other vehicles. Speeding drivers dramatically increase the risk of having a crash. Employers need to have policies and procedures in place to help deter speeding.

The Risk

Speeding increases the risk of being involved in a crash by reducing your capacity to stop suddenly.

At 50 km/h:

- A car stops in around 41 metres
- A truck stops in around 73 metres.

At 60 km/h:

- A car stops in around 58 metres
- A truck stops in around 97 metres.

The faster you are travelling when you crash, the greater the impact. The human body is not designed to cushion the effects of a crash, so the greater the impact, the greater the injuries to those involved.

Research shows that the risk of crashing increases when you are speeding.

- You have less time to notice hazards (like a child running onto the road ahead of you).
- If you do notice a hazard, you have less time to decide what to do and then take action.
- Other road users may misjudge your speed (i.e. they may think you are travelling within the speed limit) and make a mistake.
- You are more likely to lose control of your vehicle e.g. on a curve.
- Braking distance is longer.

The following table provides braking figures for a typical truck on a dry road. Please check your vehicle manufacturer's handbook for your own vehicle's braking performance.

Stopping distances for trucks at different speeds (assuming dry road, roadworthy tyres, good brakes, fit and alert driver)

Speed	Distanced Travelled Per Second	Metres Travelled Reaction Time	Metres Travelled Braking	Total Stopping Distance
50km/h	13.8m/s	35m	38m	73m
60km/h	16.66m/s	42m	55m	97m
70km/h	19.44m/s	49m	74m	123m
80km/h	22.22m/s	56m	102m	158m
90km/h	25.00m/s	63m	122m	185m
100km/h	27.77m/s	69m	145m	214m

Tips

In fatal crashes involving trucks, most happen in 100km/h speed zones – where even small increases in speed can dramatically increase stopping distances.

The most common type of crash involving a truck is called a rear ender – one vehicle running into the back of another. Allow plenty of following distance from the vehicle in front.

Each day in Australia there are an estimated two or three rollovers crashes involving heavy vehicles. Even a small increase in speed can dramatically affect the chances of a heavy vehicle being able to safety travel around a curve or corner.

Further Information

- Visit www.vicroads.vic.gov.au and www.arrivealive.vic.gov.au
- Visit www.tac.vic.gov.au

This safety guide has been produced by the Transport Industry Safety Group with the support of VicRoads to improve the safety of transport workers. It is one of 18 Safety Guides and other important information including the TISG's 'A Guide to Occupational Health and Safety Transport Industry' that can be downloaded from www.vta.com.au

TRANSPORT SAFETY GROUP

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