



Speed Awareness



CJO Safety

T. +44 (0) 7759 151276
E. chris@cjosafety.co.uk
W. cjosafety.co.uk



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Speed is a contributory factor in most serious road crashes and casualties. Driving is unpredictable and if something unexpected happens on the road ahead, it is a driver's speed that will determine whether they can stop in time, and if they can't stop, the impact speed.

The greater the impact speed, the greater the chance of death to a person or persons. A pedestrian hit at 30mph has a, one in five chance of being killed. This rises significantly to a one in three chance if they are hit at 35mph.

Who is this training for?

Do you know the speed limits for certain vehicles on certain roads. Do you know the speed of the national speed on single roads, dual carriageways and motorways. Would you know if you were driving on a dual carriageway or a single road? This course is to teach people who drive the limits of speeding and the consequences or just speeding an extra few miles per hour.

What does the course cover?

This course will teach people Who Speeds, The types of Speed Related Crashes, Being Aware of Your Speed, Understanding Speed Limits, Stopping Distance, Impact Speeds, Factors Influencing Your Stopping Distance, Maintaining a Safe Speed and much more.

What is the benefit to your business?

This will train your staff quickly and efficiently to learn the importance of not speeding and keeping a safe distance. That it actually does make a difference when you are travelling at 35mph in 30 mph zone. This will allow you staff to train at any time to suit your needs.

Speed Awareness - Impact Speeds.

To put into more perspective with the stopping distance of 3 car lengths:

If you were travelling at 20 mph and applied your brakes to stop your vehicle then the impact speed would be 0 mph.

However if you were travelling at 25 mph the impact speed at 3 car lengths would be 18 mph, which would be the equivalent of a fall from the 1st floor of a building or a height of 3.7 metres.

View Module Interactive Game 4.

Drag the correct speed limit signs that would be the correct speed for the correct type of road for the type of vehicle.

Type of vehicle	Built-up areas (mph)	Single carriageways (mph)	Dual carriageways (mph)	Motorways (mph)
Cars, motorcycles, can drivers, vans and dual purpose vehicles	30	30	50	70

Question 3

On motorways, what percentage of car drivers exceed the speed limit?

☐ 40%

☐ 50%

☐ 60%

Question 4

Are you aware of the fact that changing vehicle may also change, what depending on the road being used?

☐ The weight of the vehicle.

☐ The speed limit of the vehicle.

☐ The maximum speed limit.

Question 5

Video Presentations.

Interactive games.

Final exam - certificates provided.

“On 30 mph roads, 46% of car drivers exceed 30 mph and 16% exceed 35 mph. A pedestrian hit at 30mph has a, one in five chance of being killed. This rises significantly to a one in three chance if they are hit at 35mph. It is estimated that for every 1mph reduction in average speeds, collision rates fall by an average of 5%.”

Department of Transport

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