

F or Y our D riving



The 3-Second Following Distance Rule

The 3-second rule is a simple way for you to determine if you are driving at a safe following distance. Choose a fixed point that is even with the vehicle in front of you for example; a road sign, fence post, or a building. If you reach that same fixed point before you can count to three, then you are driving too close to the vehicle in front of you, and you need to increase your following distance.

The 3-Second Rule allows for a safe following distance when the road is dry and straight. If the road is wet, icy, curvy, or visibility is limited, then you need to increase your following distance by an additional 2 to 3 seconds. Use this table for guidance in determining safe following distances:

3-Second Rule Following Distance Table		Safe Interval Should Be >	3 seconds	6 seconds
Speed	Distance Traveled	For These Conditions >	Good Weather Conditions	Poor Weather or Limited Visibility
25 m.p.h.	37 ft. per second		111 ft.	222 ft.
35 m.p.h.	52 ft. per second		166 ft.	312 ft.
45 m.p.h.	66 ft. per second		198 ft.	396 ft.
55 m.p.h.	81 ft. per second		243ft.	486 ft.
65 m.p.h.	96 ft. per second		288 ft.	576 ft.
75 m.p.h.	111 ft. per second		333 ft.	666 ft.
			Safe Following Distance in Feet	

Produced by the Institute of Scrap Recycling Industries

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April 17, 2012