



Environment aware

Dangers of speeding

Use this guide to help lead a discussion with employees about the dangers and consequences of speeding. Empower them with strategies to minimize risks and become safer drivers. Use the form on Page 2 to record meeting details.

According to the National Highway Safety Administration, for over two decades speeding has been involved in about one-third of all motor vehicle fatalities. Even when driving at the speed limit it can impact your safety if going too fast for road conditions, such as during bad weather, when a road is under repair, or in an area at night that isn't well lit. Speeding is more than just breaking the law and it's essential for drivers to recognize the dangers of speeding.

1 Increased risk:

Crash risk increases incrementally for every mile per hour over the speed limit.

Speeding endangers not only the life of the driver and any vehicle occupants, but also the people on the road, pedestrians, and cyclists around them. Speeding continues to be a contributing factor in deadly crashes.

2 Loss of control:

Speeding increases the potential for loss of vehicle control and reduces the effectiveness of occupant protection equipment. Large trucks are more prone to rollovers when traveling at high speeds, especially around curves or on uneven roads. Rollovers can lead to serious injuries or fatalities.

3 Increased stopping distance:

At higher speeds, drivers have less time to react to unexpected situations, such as sudden stops or obstacles on the road. Speeding significantly extends the distance it takes for a vehicle to come to a complete stop. The heavier the vehicle, the longer the stopping distance. Maintaining a safe speed allows drivers to react promptly to unexpected situations and avoid collisions.

4 Increased stopping distance:

Higher speeds worsen crash impact. Collisions at higher speeds result in more severe injuries due to the increased force involved. Additionally, speeding compromises the protective features of seat belts and airbags, reducing their ability to protect occupants.

5 Legal and economic consequences:

Speeding violations go beyond breaking the law. They can lead to fines, points on a drivers' license, and disqualification for commercial drivers. Speed-related crashes also come with financial costs, including vehicle repairs and medical bills. Losing driving privileges can impact your employability and income. Courts may even mandate driving classes, and extreme speeding can result in imprisonment.

For additional information related to driver safety, visit [MyNSightOnline.com/DriveThe5](https://www.nationwide.com/MyNSightOnline.com/DriveThe5)

For further guidance, refer to the National Highway Safety Administration's Dangers of Speeding [www.nhtsa.gov/campaign/speeding-catches-up-with-you].



For assistance with risk management services or safety resources, contact us at RMSolutions@nationwide.com or 1-800-260-1356.

Toolbox Talk

Date: ____/____/____

Environment aware: Dangers of speeding

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Discussion notes:
