

Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

Learn more at [MyNSightOnline.com/DriveThe5](https://www.nationwide.com/DriveThe5)

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Following distance

Maintaining a safe following distance not only prevents rear-end collisions but also empowers drivers to navigate situations with confidence, ensuring road safety for all.

1 Measurement of time, not distance:

- Following distance is **time-based**, not just physical space.
- Observe the vehicle ahead and count the seconds it takes to reach a reference point (e.g., a road crack or sign).

2 Safe following distance:

- For CMVs:
 - **One second per ten feet** of vehicle length is a general rule.
 - Tractor-trailers may require **6-7 seconds** depending on trailer length.
- Add extra seconds for speeds over 40 MPH and severe road conditions.

3 Adapt to changing situations:

- If a vehicle cuts in between, **cover your brake**.
- Assess if it's accelerating or slowing down and **re-adjust your following distance** accordingly.

4 Handling tailgaters:

- Extend your following distance to **prevent panic stops**.
- Reduce the risk of the tailgater impacting your rear.

5 Stay alert:

- Maintaining proper follow distance helps when cues are missed or distractions occur, **avoiding rear-end collisions**.