

Your guide to safer following distances

Giving yourself enough space on the road isn't just a good habit—it's the key to staying safe.

Keeping a safe distance from the car in front of you gives you extra time to react if traffic stops suddenly.

You've probably heard of the two-second rule, but did you know safe distances vary based on speed and conditions? Here's how to help you stay safe in any situation.

The two-second rule (for clear, calm conditions)

1. Pick a landmark ahead—like a tree or signpost
2. When the car ahead passes it, start counting:
"One-Mississippi, two-Mississippi"
3. If your bumper reaches the marker before you finish counting, ease back a little

When to add more space

Certain conditions call for extra caution. Use this guide to adjust your following distance:

If...	Add...
You're driving over 40 mph	2 seconds
It's nighttime	1 second
The vehicle ahead is a motorcycle	1 second
There's fog or poor visibility	1 second
The pavement is wet	1 second
Someone is tailgating you	2 seconds
A tractor-trailer or bus is tailgating you	4 seconds
You're towing a trailer	2 seconds

