

TIMED INTERVAL DRIVING

HOW TO DO IT

Pick out a stationary object up ahead such as a tree, sign or a shadow on the road

Start counting the seconds as the rear bumper of the vehicle ahead of you passes that stationary object

Count the seconds out loud by saying "one thousand and one, one thousand and two" etc.

The time it takes the front bumper of your rig to get to that stationary object is the timed interval

FORMULA

Basic formula is one full second for every 10 feet of vehicle length (or fraction thereof) for speeds up to 40 mph.

Example: Tractor-trailer

40-foot vehicle requires 4 seconds

50-foot vehicle requires 5 seconds

60-foot vehicle requires 6 seconds

Round the length of vehicle up (e.g., 36-foot long rig equals 40 feet, V-foot long rig equals 50 feet, etc.)

For speeds above 40 mph, you must add another second to the basic formula

Example: 50-foot rig traveling 48 mph

Basic requirement (50 feet) = 5 seconds

Above 40 mph requirement = 1 second

Total time needed = 6 seconds

For bad weather, poor visibility or slick road conditions, you must add at least one additional second to the formula, and depending upon the severity of the conditions, you may need to add additional seconds.

Example: 63-foot rig traveling 55 mph in bad visibility (a very dangerous thing to do)

Basic requirement (70 feet) = 7 seconds

Above 40 mph requirement = 1 second

Bad weather/visibility/road requirement = 1 second

Total time needed = 9 seconds

For night driving always add 1 second to the basic formula (because of reduced visibility)

Examples of the need to increase the number of seconds:

When following another rig need more space to see around him

When visibility is bad (rain, fog, snow)

When driving at night

When roads are wet, add at least 2 seconds to basic formula

When roads are ice or snow covered, add at least 4 seconds (or more to the basic formula)

When bobtailing, pulling an empty trailer, an unstable load, or an unevenly balanced load you must add extra seconds to the basic formula

Remember these on the absolute minimum seconds required to get the necessary

Seeing Time (Space)

Thinking Time (Space)

Reacting Time (Space)

Breaking Time (Space)