

Toolbox Talk: Speeding and Driving – Slow Down, Stay Safe

⚠ Why This Talk Matters

Speeding is one of the leading causes of fatal vehicle accidents. Whether on a highway, worksite, or local road, driving too fast reduces your ability to react, increases stopping distance, and puts everyone at risk, including coworkers, pedestrians, and yourself.



🚧 Why Speeding Is So Dangerous

- **Longer stopping distance:** The faster you go, the longer it takes to stop.
- **Less reaction time:** At high speeds, you have little time to avoid hazards.
- **Reduced control:** Speed increases the chance of losing control of the vehicle.
- **Severity of impact:** Crashes at higher speeds are far more deadly.
- **Increased chance of rollover or skidding,** especially on wet or gravel roads.

📊 Speeding Facts

- Speeding is a factor in **about 1 in 3 traffic fatalities** (NHTSA).
- A vehicle traveling at 60 mph takes about **300 feet to stop**—that's a football field.
- For every 10 mph over the limit, the risk of a crash double.

🚦 When Drivers Tend to Speed

- Running late or under time pressure.
- Driving long distances or on empty roads.
- Feeling overconfident or distracted.
- Unaware of posted speed limits, especially in **work zones** or rural areas.

🚗 Tips to Prevent Speeding

Tip	Why It Helps
✓ Leave early	Reduces stress and need to rush
✓ Know the speed limits	Stay aware of work zones or reduced areas

- ✓ Use cruise control (if safe) Helps maintain a steady legal speed
- ✓ Avoid aggressive driving Stay calm and focused on safety
- ✓ Slowdown in bad weather Wet or icy roads need extra time to stop

✂ Jobsite Considerations

- Always follow **posted site speed limits**—typically 5–15 mph.
- Watch for **flaggers, signage, and traffic control devices**.
- Be alert for **pedestrians, equipment, and sudden stops**.
- Never speed in or around **construction zones or school zones**.

📢 Consequences of Speeding

- Traffic tickets or license suspension.
- Damage to company vehicles.
- Legal liability or job loss after a crash.
- Injury or death—to yourself or someone else.

💬 Discussion Questions

1. Have you ever felt pressured to speed to meet a deadline?
2. What can we do to encourage safe driving habits on our team?
3. What should you do if you notice someone speeding on site?

☐ Final Thoughts

Speed saves minutes—**but it can cost lives.**

A good driver is not just a fast driver, it's a **safe and responsible one.**

Always obey speed limits and adjust your speed for conditions.

