



# Hard Braking

Hard braking is defined as reducing your speed by 8-10 MPH in 1 second

## Dangers of Hard Braking:

Hard braking is dangerous because when doing so, you are unable to react to surprises that present themselves. During hard braking you are essentially using a greater percentage of the capabilities of the front tires and eliminating any margin for unexpected surprises. You are less able to steer to avoid unexpected obstacle. You also can't stop any faster than planned because you are already near the braking limit of the vehicle. It is very dangerous also because while braking the front rear weight balance is upset. Too much weight on the front tires can create an understeer situation or even a roll over.

## Increased Vehicle Maintenance, Repair, and Replacement Costs

Drivers who consistently use hard braking on their daily routes put excessive demands on brakes, tires, springs, and shock absorbers. This is a driver-created situation that not only makes the vehicle less safe to drive, it increases the cost of maintaining the vehicle. Brakes and tires are the two areas most impacted by hard braking.

**A. Brakes:** Repetitive heavy braking drastically decreases the brake system's operating efficiency and substantially reduces the life of the equipment. Hard braking causes the brakes to overheat. When this heat is not allowed to disperse, brake pads become damaged and rotors may warp.

**B. Tires:** Driver performance has a substantial impact on tire tread wear. Along with other aggressive driving behaviors, hard braking causes tire treads to wear much faster, adversely impacts tire performance, and substantially reduces the life of a tire.

The best way to reduce excessive hard braking is to drive more slowly, look ahead and focus more on coasting as you slow down.

\_\_\_ I understand that hard braking is dangerous to myself and to passengers.

\_\_\_ I understand that hard braking creates excessive wear on tires, brakes and suspension.

\_\_\_ I understand that continued hard braking will increase both risk and expenses.

I agree to look ahead and plan my stops in a way that maximizes coasting.

Signed \_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_