



## Lesson 11: Emergency Stop

### **Stopping in an emergency situation (including stopping distances)**

In an emergency you will need quick reactions and good control of the car to stop promptly and safely. As this is an emergency then mirror checks will only delay your reactions therefore are not necessary - if you look in your mirrors regularly you will know what is happening behind you.

### **Carrying out an emergency stop exercise**

It is recommended that you practice stopping your car promptly under control, so that you know how to react if you ever had to stop your vehicle in an emergency situation for real. You may be asked to carry out a simulated emergency stop during your driving test.

You will need quick reactions when you get the signal - take your right foot off the accelerator pedal (gas) and apply foot brake firmly and progressively, then after a slight pause apply the clutch pedal with your left foot. Don't slam on the brake as this may lock up your wheels which would then cause the car to skid. Also try not to put the clutch down too soon, in order to allow the engine braking. The weight will be thrown forward when you brake so keeping both hands firmly on the steering wheel is important to maintain control - when you have stopped make the car safe.

### **Observations before moving off**

When you have stopped the car in an emergency you may be positioned more to the centre of the road, therefore complete the POM routine before moving off again.

### **Poor Weather / Road Surface / Road Conditions**

On a wet road it may take up to twice the braking distance to stop and much more on snow and ice. A good driver should not need to carry out too many emergency stops. If you look out for warning signs and anticipate hazards you are more likely to be able prevent





### **Causes of skids**

Excessive acceleration especially on a wet road - poor road surface  
Steering too harshly. Braking too harshly is the most common cause of skids - this leads to your vehicle's wheels locking up. Braking on a poor road surface would increase your chance of skidding (wet, icy, etc.) Look out for hazardous road conditions.  
Adjust your speed to suit the road conditions - you may need to pump the brakes on a poor surface.

### **ABS Brakes**

Anti-lock braking systems - most modern cars have ABS brakes - these have a sensor control which releases the brake and immediately applies it again, therefore preventing the wheels from locking.

### **Correcting a Skid**

If the wheels have locked up you need to release the footbrake and re-apply brake less harshly - apply firmly and progressively.

Steering or braking too harshly on a bend could lead to loss of control, with the back end of your car swinging out. This could happen where you failed to slow down enough before a turn and may possibly be in the wrong gear!

**How to correct:** Ease off the accelerator and steer into the skid as on the diagram - if your back end swings out on the right, then turn your wheel to the right.

### **Bends**

Make sure your speed isn't too fast, the sharper the bend the slower you should approach making sure you select the appropriate gear for the speed. Try not to brake too late, braking on a bend can result in losing control of your vehicle.



### **Causes of Accidents**

The vast majority of accidents will be down to THE DRIVER of the vehicle - some of the main reasons could be put down to either inexperience, being distracted, being unfit to drive or simply driving irresponsibly.

Possible distractions:

- Loud music
- Mobile phone use



- Passengers in car
- Looking for directions in an unfamiliar area

Being unfit to drive

- Drink driving
- Drugs
- Tiredness
- Medical conditions
- Poor eyesight

The driver is responsible for:

- Ensuring they are fit to drive
- Ensuring the car is maintained properly (see examples on show me tell me question sheet)
- Being aware of the road conditions
- Taking note of the weather conditions
- Reacting appropriately to warning signs and road markings

Recap Quiz (Read Highway Code Rules 89-96, 117-121, 126 and pages 95-97 to Driving Essential Skills)

1. Should you check your mirrors before an emergency stop?

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2. What is the main cause of a skid?

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3. How do ABS brakes work?

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4. What is the stopping distance at 30mph?

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