The Three-Second-Plus Rule

Your ability to avoid a collision often comes down to the distance between you and the vehicle in front of you. When conditions are ideal and your speed is less than 40 miles per hour, maintain a minimum following distance of three seconds. When your speed is above 40 mph or when conditions are adverse, increase your following distance by one to two seconds for each condition that may affect your stopping distance.

Three-second minimum +3
Night Driving +1
Wet Pavement +1

safe following distance = 5 seconds

Three-second minimum +3
Fog +1
Tailgater +2

safe following distance = 6 seconds

Three-second minimum +3
Towing Trailer +2

safe following distance = 5 seconds

Three-second minimum +3
Sun/Glare +1

safe following distance = 4 seconds