



Is Speeding A Time Saver? – 07/19/26 – 07/25/26

A lot of people believe that speeding will save them time and get them to their destination much faster; however, this is not true. In fact, there is a studied phenomenon related to this belief referred to as the time-saving bias, which predicts that when increasing speed from a relatively low speed to a slightly faster speed, we actually underestimate how much time we will save. In contrast, we overestimate how much time we will save by increasing speed from an already high speed to a faster speed.

The average driver only saves about 26 seconds of time per day by speeding.

In fact, the faster you drive, the less time you save.

For example, increasing your speed from 40 mph to 50 mph saves an average of 3 minutes, but going from 80 mph to 90 mph saves less than 1 minute.

Speeding is consistently a top 5 leading cause of all car accidents.

In 2021 328,946 people were injured in accidents where speeding was a factor.

Take your time! Don't let a 26 second savings be the reason you have to live with an accident the rest of your life!





SAFETY MEETING SIGN-IN

Date _____ Topic _____

Location _____

Trainer _____

Start Time _____ End Time _____

Print Name	Signature	Print Name	Signature

Signature of Trainer: _____

SCAN	SAFETY/TOOLBOX TALKS/TRAINING/MMDDYY TRAINING CERTIFICATION
------	---

