



Nationwide®
is on your side

Speeding Dangers

29% of fatal crashes are speeding related¹

The traffic fatality rate increased 14% from 2019 to 2023.²

Primary Cause — Dangerous driving increased substantially during and since the pandemic:

- Speeding
- Distracted driving
- Drugs and alcohol
- Not wearing a seatbelt



- Give yourself plenty of time to make the trip
- Follow the speed limit
- Lower your speed as road and traffic conditions worsen

2 minutes saved = 56% increased chance of fatal crash

On a 20-mile trip, the time saved by going 80 mph compared to 70 is 2 minutes and 9 seconds.

Fatal crash risk increases 4% for every 1% increase in speed.³

Are the few minutes saved worth the additional risk?

Why higher speeds are more dangerous:



Impact energy increases exponentially. A 50% increase in speed (40 to 60 mph) results in a 125% increase in crash energy.⁴



Braking distances increase exponentially. Every time your speed doubles, your stopping distance quadruples.¹ Longer stopping distances result in more frequent rear-end collisions.

Speeding often results in more lane changes and passing, which increases the likelihood of an accident.



Loss of control is more likely when driving in inclement weather or when making evasive maneuvers.

Tunnel vision occurs. A narrowing of peripheral vision occurs as speed increases, making it more difficult to see hazards to the side of the road.⁵



10 to 15 mph



45 mph

¹ National Center for Statistics and Analysis. (2024, July). Speeding: 2022 data (Traffic Safety Facts. Report No. DOT HS 813 582). National Highway Traffic Safety Administration

² National Center for Statistics and Analysis. (2024, September). Early estimate of motor vehicle traffic fatalities for the first half (January-June) of 2024 (Crash•Stats Brief Statistical Summary. Report No. DOT HS 813 633).

³ Speed and crash risk, International Traffic Safety Data and Analysis Group, Research Report 2018

⁴ Insurance Institute for Highway Safety, Highway Loss Data Institute, www.iihs.org/topics/speed

⁵ The Effects of Speed On Your Driving Ability: It's Not Just About Braking (epermittest.com)