

What are Braking Techniques?

Worksheet

Braking techniques include normal braking, emergency braking, and ABS use — each requires proper pedal pressure and understanding your vehicle's stopping distance.

Questions

1. What is the main advantage of progressive braking?
 - A) Uses less fuel
 - B) Maintains steering control
 - C) Stops in half the distance
 - D) Prevents tire wear
2. Braking distance at 60 km/h on dry road is roughly...
 - A) 10 m
 - B) 25 m
 - C) 40 m
 - D) 70 m
3. If your car has no ABS and wheels lock, what do you do?
 - A) Pump brakes rapidly
 - B) Ease off, then reapply
 - C) Steer hard
 - D) Accelerate
4. Which road surface requires the longest braking distance?
 - A) Dry asphalt
 - B) Wet road
 - C) Gravel
 - D) Ice or snow
5. You spot a child on the road 50m ahead. Describe your braking sequence.
6. On a dry road at 60 km/h, what is typical braking distance?
7. Your car has no ABS. How do you brake in an emergency?
8. Define: What is progressive braking?
9. Define: What does ABS do?
10. Define: Braking distance depends on what?

Answer Key

1. B) Maintains steering control — Progressive pressure keeps wheels from locking, so you can still steer if needed.
2. C) 40 m — At 60 km/h, braking distance (not reaction) is ~40 m; total stopping ~55 m.
3. B) Ease off, then reapply — Easing off lets wheels unlock, then you reapply pressure smoothly.
4. D) Ice or snow — Ice/snow grip is worst, so braking distance can be 5-10× longer.
5. 1. Scan and recognize hazard at 50m 2. Apply progressive brake pressure smoothly 3. Avoid locking wheels (use ABS if equipped) 4. Steer if needed while maintaining control 5. Come to complete stop with steady pressure
6. 1. Calculate reaction distance: $0.75 \text{ sec} \times 60 \text{ km/h} \approx 12.5 \text{ m}$ 2. Calculate braking distance: at max braking $\approx 40 \text{ m}$ 3. Total stopping distance $\approx 52\text{-}55 \text{ m}$ 4. Always leave this safety margin
7. 1. Apply firm, steady brake pressure 2. If wheels lock, ease off slightly 3. Once wheels unlock, reapply pressure 4. Avoid panic pumping; smooth modulation is safer
8. Gradually increasing brake pressure from light to firm — smoother and safer than sudden hard braking.
9. Prevents wheel lock by modulating pressure — keeps steering control during emergency braking.
10. Vehicle speed, road surface, tire grip, brake condition, and driver reaction time.

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