

# AGGRESSIVE DRIVING & ROAD RAGE

**Aggressive driving** behaviors can include speeding or driving too fast for conditions, improper or excessive lane changes, improper passing, tailgating and disregarding traffic signals. Speeding is one of the most prevalent aggressive behaviors, and studies show speeding is a factor in one-third of fatal crashes.

**Road rage** involves an assault with a motor vehicle or other weapon by the operator or passenger(s) of one motor vehicle on the operator or passenger(s) of another motor vehicle caused by an incident that occurred on a roadway.

## Are **you** an Aggressive Driver?

If you answer yes to any of these questions, you may be putting yourself, your passengers and others on the road at increased risk of a crash.

- Do you speed excessively?
- Do you tailgate slower vehicles?
- Do you race to beat red lights or run stop signs?
- Do you weave in and out of traffic?
- Do you pass illegally on the right?
- Do you fail to yield the right of way to oncoming vehicles?



## Reduce Your Aggressive Driving Tendencies

- Keep your emotions in check and focus on your driving.
- Plan ahead and allow enough time for delays.
- Relax. Listen to soothing music, improve the comfort in your vehicle, and understand you cannot control traffic, only your reaction to it.

## How to Avoid Danger

- Be a cautious, considerate driver. Avoid creating a situation that may provoke another individual.
- Maintain a safe distance between your vehicle and the vehicle in front of you.
- If you're in the left lane and someone wants to pass, move over and let the driver pass you.
- Use signals when turning and changing lanes. When entering traffic or changing lanes, make sure you have enough room.
- Use your horn sparingly.

## If You Encounter an Angry Driver

- Remain calm; focus on driving.
- Keep your hands on the wheel.
- Avoid eye contact. Get out of the way without acknowledging the other motorist.
- If you're concerned for your safety, call 911.

