



Aggressive Driving & Road Rage

Monthly Training Topic
NV Transport Inc.
Safety & Loss
Prevention



Introduction

What is Aggressive Driving and Road Rage?

Road rage is a hostile exchange between drivers, started by aggressive driving tactics (weaving and merging with little space to spare, driving too slow or too fast, tailgating, etc.).

Many driver exchanges include rude gestures or shouting, and may escalate into aggressive movements of the vehicles (attempting to intimidate).

These actions can escalate into road rage. Road rage is a criminal act of assault. For example, getting out of your vehicle to physically or verbally threaten another driver.



Facts & Statistics

According to the AAA Foundation, Aggressive Driving behaviors are a factor in up to 56% of fatal crashes.

Approximately 90% of drivers view aggressive driving as very serious or somewhat serious threat to their own safety.

An average of at least 1,500 men, women, and children are injured or killed each year in the United States as a result of "aggressive driving"

Approximately 55% of men and 44% of women claim to experience some type of aggression while driving on a daily basis.



The above facts and statistics are obtained from one or all of the following websites: The AAA Foundation, The Federal Motor Carrier Safety Administration, The National Highway Safety Administration, The National Safety Council

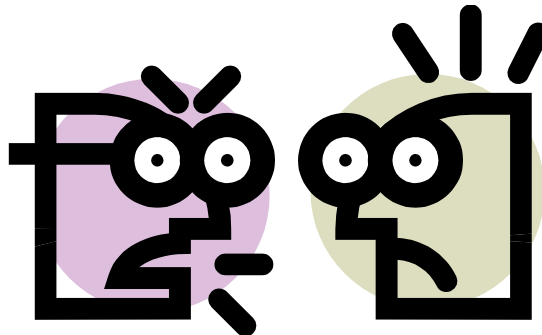
The Aggressor vs. The Responder

There are two types of aggressive drivers to consider; the aggressor and the responder. When these two types of drivers come together, road rage is more likely to occur.

The Aggressors are those drivers who are disobeying the traffic rules and regulations for various reasons (whether it be in a hurry, distracted by a mobile phone, or simply find it thrilling to speed and dart in and out of traffic).

The Responders are those drivers who are typically calm, but have a short fuse when provoked by the aggressors.

The aggressors may not even realize they have provoked a responder.



Are You an Aggressive Driver?

Do you get angry with speeding drivers/ slow drivers/ distracted drivers?

Do you get angry when drivers cut you off/ tailgate you?

Do you get angry with malfunctioning stoplight/ signal lights?

Do you get impatient when waiting in traffic jams?

Do you get impatient when a car slows down in front of you?

Do you get impatient while exiting a highway and traffic slows below the speed limit?

Do you compete with other drivers on the road (i.e. drag race adjacent vehicles at signal lights)?

Do you retaliate against drivers that may have made a mistake?

If you answered “YES” to 4 or more of these questions, you may suffer from aggressive driving.



Ways to Avoid Aggressive Driving and Road Rage

Don't offend other drivers

Avoid cutting off other drivers – make sure you have plenty of room to merge into another traffic lane and always use your turn signals.

Avoid tailgating – Allow plenty of room (at least a 2 second space) between you and the car in front of you.

Avoid unnecessarily honking your horn and making inappropriate gestures – Keep your hands on the wheel and your eyes on the road. Even small gestures, such as shaking your head, can lead to rage in the other driver.



Ways to Avoid Aggressive Driving and Road Rage

Don't Respond to Aggressive Drivers

Give aggressive drivers plenty of space – slow down, turn on to another road, or get out of the way. If you notice another driver is trying to pick a fight with you, put as much distance as possible between you and that driver.

Do not pull off to the side of the road to reason with the driver. If the aggressive driver will not let up, safely use your hands free mobile phone device to notify the police.



Ways to Avoid Aggressive Driving and Road Rage

Adjust your attitude

Take a deep breath and put your pride in the backseat. Driving is a way to get you and your passengers/ goods from one point to another. IT IS NOT A CONTEST! Be the bigger person and let the other driver “win”.

Try to put yourself in the other driver’s shoes. Maybe there is a reason the other driver is driving erratically. Whatever the reason, it has nothing to do with you. Do not take it personally.

Ignore any rude gestures and do not return them. Avoid eye contact and gesture an apology if you make a driving mistake.



Summary

Aggressive driving continues to be a troubling issue for all drivers. Do your part by staying calm and avoiding aggressors.

This advice seems to ignore the issue of bringing aggressors to “justice”. it is critical to realize that it is not your job to enforce traffic law.

The hazards of getting involved are too risky to justify. Call the police and report the behavior, as they are trained to handle these situations.



Quiz

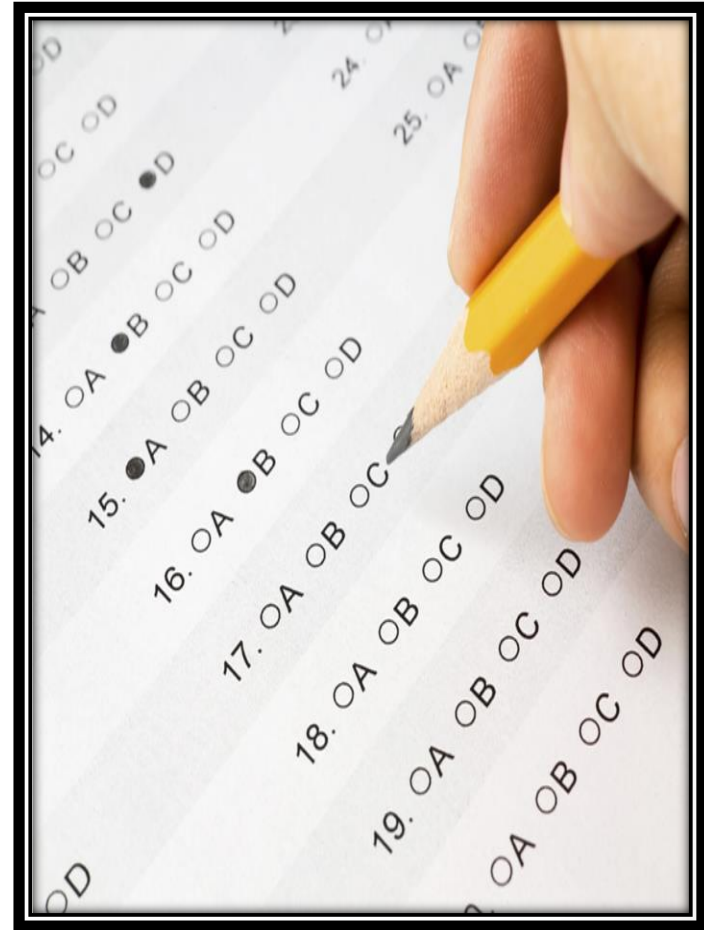
- 1) **True or False?** Road Rage is defined as a hostile exchange between drivers, started by aggressive driving tactics
- 2) **Which of the following can be considered aggressive driving tactics:**
 - A. Driving too fast
 - B. Driving too slow
 - C. Weaving in and out of traffic
 - D. Tailgating
 - E. All of the above
- 3) **True or False?** Road rage is a criminal act of assault.
- 4) **When considering road rage and aggressive driving, there are two types of drivers. What are these types of drivers?**
 - A. The aggressor and the responder
 - B. The driver and the bystander
 - C. The aggressor and the victim
 - D. The instigator and the troublemaker

Quiz

- 5. True or False?** *A person displaying aggressive behavior may not even be aware of his or her actions.*
- 6. True or False?** *If an aggressive driver becomes threatening and will not let up, you should pull over and try to calmly talk with the person.*
- 7. True or False?** *To avoid aggressive drivers and road rage, a person should ignore rude gestures and eye contact*
- 8. When faced with an aggressive driver, you should do which of the following:**
 - A.** *Try to offend the aggressive driver*
 - B.** *Do not respond to the aggressive driver*
 - C.** *Adjust your own attitude*
 - D.** *All of the above*
 - E.** *None of the above*

Quiz Answers

1. **True**
2. **E**
3. **True**
4. **A**
5. **True**
6. **False**
7. **True**
8. **D**



Question or Comments?



Additional Information on Rules and Regulations

This document is intended to be a guide on applicable rules and regulations. Although it may be used as a guide/reference for your training needs, this document is not intended to be used as the standard for FMCSA rules and regulations.

Additional information can be found on the FMCSA website.

The FMCSA website will contain the most accurate and up-to-date information on any and all applicable rules and regulations.

- <http://www.fmcsa.dot.gov>

