

# Aggressive Driving Meeting Kit

According to the National Highway Safety Administration (NHTSA), aggressive driving is when “an individual commits a combination of moving traffic offenses to endanger other persons or property.”

## TYPES OF AGGRESSIVE DRIVING

Often aggressive driving behaviors result in property and bodily injury damages. Aggressive driving behaviors include but are not limited to:

- Operating the vehicle in a reckless or careless manner
- Illegal passing
- Brake checking
- Excessive horn use
- Cutting other drivers off
- Weaving in and out of traffic
- Confrontational body language
- Failure to yield the right of way
- Flashing headlights or high beams
- Tailgating or following improperly
- Blocking other cars trying to pass or change lanes
- Driving on the shoulder, sidewalk or median of the road
- Disregarding traffic signs and signals
- Running red lights or stop signs
- Failure to obey safety zones
- Not using a turn signal
- Speeding & Racing

## EMPLOYEES CAN PREVENT AGGRESSIVE DRIVING

Longer commutes, traffic congestion, and other drivers' behaviors are often to blame. It can also be caused by a driver's mood, reactions, and ability to deal with stress on and off the road. Such drivers are more likely to speed, make unsafe lane changes,

ignore the right of way, and violate traffic signals.

Don't confuse aggressive driving with road rage. Blaring your horn in traffic or making rude gestures are not illegal, but they can escalate and lead to road rage. Road rage is a criminal act where a driver tries to intentionally injure or kill another driver, passenger, or pedestrian.

Start by adjusting your approach. Forget the idea of "winning" on the road. Driving is not a race; it should not be a contest to see who finishes first. Leave plenty of time for a trip so that if traffic or another delay occurs, you can keep your cool. Think of the highway as a conveyor belt – everyone will get to their destination eventually, so there is no need to speed or act impolite to save a few minutes.

Put yourself in the other driver's shoes. Have you ever made a mistake on the road, been lost, or unsure of your turn-off point? Instead of being angry at another driver making the same mistakes, give them the benefit of the doubt. When you make mistakes, acknowledge them and give the drivers around you a friendly nod or wave. Polite behavior makes driving safer.

Give an angry driver a lot of room by putting distance between them and you. Slow down or exit the roadway if necessary, but do not pull off to the side of the road or try to "reason" with an angry driver. Get help by using your cell phone or driving to a public area such as a police station or shopping center.

## **HOW TO DEAL WITH AGGRESSIVE DRIVERS**

Rise above aggression by not participating in it. Ways to diffuse aggressive drivers are:

- Always remain calm and relaxed
- Maintain a safe distance
- Avoid making eye contact
- Do not pass unless you have to
- Don't jump lanes without looking, and only change lanes once it is safe to do so

- If you cannot avoid an aggressive driver behind you, stay where you are, maintain the proper speed.
- Do your best to get out of the way safely. Don't escalate the situation.
- Don't challenge an aggressive driver by speeding up or slowing down.
- Wear your seatbelt and encourage everyone else to wear theirs.
- If necessary, report aggressive drivers to authorities.
- If the aggressive driver is involved in a crash, stop a safe distance from the scene.

## **FINAL WORD**

The term "road rage" has many of the same features as aggressive driving, but the distinction between the two terms lies in the intention of the participant. Aggressive driving is a traffic offence, while road rage is a criminal offense.