



STOP AGGRESSIVE DRIVING

ARE YOU AN AGGRESSIVE DRIVER?

Do you?

- **Express Frustration.** Taking out your frustrations on your fellow motorists can lead to violence or a crash?
- **Fail to Pay Attention when Driving.** Reading, eating, drinking or talking on the phone, can be a major cause of roadway crashes.
- **Tailgate.** This is a major cause of crashes that can result in serious deaths or injuries.
- **Make Frequent Lane Changes.** If you whip in and out of lanes to advance ahead, you can be a danger to other motorists.
- **Run Red Lights.** Do not enter an intersection on a yellow light. Remember flashing red lights should be treated as a stop sign.
- **Speed.** Going faster than the posted speed limit, being a “road racer” and going too fast for conditions are some examples of speed.

PLAN AHEAD AND ALLOW YOURSELF EXTRAT TIME

- **Concentrate.** Don't allow yourself to become distracted by talking on you cell phone, eating, drinking or putting on makeup.
- **Relax.** Tune the radio to your favorite relaxing music. Music can calm your nerves and help you enjoy your time in the car.
- **Drive the Posted Speed Limit.** Fewer crashes occur when vehicles are travelling at or about the same speed limit.
- **Identify Alternative Routes.** Try mapping out an alternate route. Even if it looks longer on paper, you may find it less congested.
- **Use Public Transportation.** Public transportation can give you some much-needed relief from life behind the wheel.
- **Just Be Late.** If all else fails, just be late.

WHEN CONFRONTED WITH AGGRESSIVE DRIVERS

- **Get out of the Way.** First and foremost make every attempt to get out of their way.
- **Put Your Pride Aside.** Do not challenge them by speeding up or attempting to hold-your-won in your travel lane.
- **Avoid Eye Contact.** Eye contact can sometimes enrage an aggressive driver.
- **Gestures.** Ignore gestures and refuse to return them.
- **Report Serious Aggressive Driving.** You or a passenger may call the police. But, if you use a cell phone, pull over to a safe location.

SOURCE: National Highway Traffic Safety Administration