

## AVOIDING ROAD RAGE

# DON'T ENGAGE IN ROAD RAGE!



A recent study by the AAA Foundation for Traffic Safety found that nearly 80 percent of drivers expressed significant anger, aggression, or road rage behind the wheel at least once in the previous year.

### What is road rage?

Road rage is a criminal offense defined as “an assault with a motor vehicle or other dangerous weapon by the operator or passenger(s) of another motor vehicle or an assault precipitated by an incident that occurred on a roadway,” reports the National Highway Traffic Safety Administration (NHTSA).

Extreme cases of aggressive driving can escalate to road rage. Examples of road rage include:

- Cursing and rude or obscene gestures
- Throwing objects
- Ramming another vehicle
- Sideswiping
- Forcing a driver off the road

You will see other drivers doing things that are illegal, inconsiderate, and even incomprehensible. Don't respond personally. Most drivers are not thinking about their impact on you; they are just rushed, distracted, or upset. Remaining calm and courteous behind the wheel lowers your risk of an unpleasant encounter with another driver – and with law enforcement.

### Ways to avoid road rage

Here are some practical tips on how to avoid road rage to ensure your safety while driving:

- Don't retaliate or escalate the situation. Safely drive away to avoid the other driver.
- Move over if someone is tailgating you.
- Use an “I'm sorry” gesture (e.g. wave) to attempt to defuse the situation.
- Plan ahead; allow time for delays during your journey.
- Consider whether you've done something to annoy the other driver and adjust your driving accordingly.
- Listen to music or other audio you enjoy.
- Use your horn sparingly.
- Avoid eye contact with angry drivers and give them plenty of room.
- If the situation escalates, pull over and dial #77 to report it to law enforcement. Be sure to provide a location, vehicle description, license plate number, and the direction of travel.

### Sources:

<https://exchange.aaa.com/safety/driving-advice/aggressive-driving/#.Wy0x12qWzIU>

<http://towardzerodeathsmid.com/aggressive-driving/>

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