

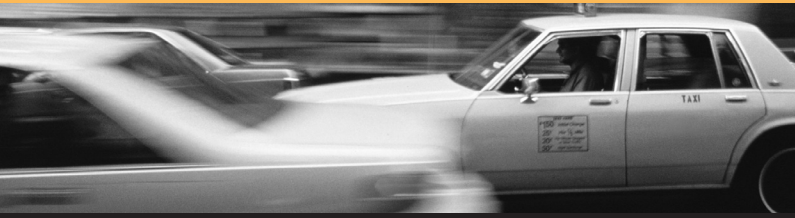
# ROAD RAGE'S

# ROAR



**Tips for safely combating  
driver aggressiveness —  
in yourself and others**

**Common examples of road rage include lane weaving, running red lights, speeding, tailgating, making obscene hand gestures, yelling verbal insults and even inflicting physical harm.**



## Who are These Aggressive Drivers?

Unfortunately, there is no common profile. They encompass all backgrounds: male, female, rich, poor, highly or poorly educated. Public opinion polls show motorists rate aggressive driving as a top threat to highway safety, yet many do not identify their own driving behavior as aggressive and so never correct it.

## Ways to Lessen Your Own Road Rage

- Reduce daily stress. Adjust your daily commute to avoid the worst congestion periods. Allow some extra time for unexpected occurrences. Be patient and more flexible while driving.
- Try to relax more while driving. Don't allow stress to cause you to grip the wheel too tightly. Breathe deeply, refrain from traveling when you are overly tired and avoid flare-ups with passengers.
- Don't be goaded into a confrontation. Recall the phrase, "this too shall pass."
- Finally, consider that the best offense to aggressive driving habits is solid defensive driving skills. Inquire with your local National Safety Council chapter, State Department of Motor Vehicles or company about defensive driving courses. A better understanding of the rules of the road can lessen the misunderstandings that sometimes develop into something dangerous.

## Confronting an Aggressive Driver

**First**, avoid any conflict if possible. Even if you think you are in the right, simply get out of the other driver's way.

**Second**, recognize the absurdity of such traffic disputes and remind yourself that there are more important things in life. Drivers should ask themselves, "Is it worth becoming injured or killed as a consequence of aggressive driving?"

