

Road Rage

Toolbox Talk

The American Automobile Association defines road rage as aggressive driving, arising from disagreements between drivers, that can result in physical assault.

As the number of commuters and travelers on the roads swell, the chance of an encounter with an outraged driver becomes more likely.

The Texas Department of Public Safety (DPS) began collecting statistics on crashes that listed road rage as a contributing factor in vehicular accidents in early 2000. Drivers need to understand the causes of road rage and how to react when a situation occurs with someone that is in this agitated state.

Here are some pointers on how you can avoid becoming an enraged driver:

- Allow plenty of time to get to your destination. If you find that you are going to be late, then be late. It is better to arrive at your destination a little late than to have an accident or end up in a confrontation with another driver.
- Avoid tailgating other drivers. Make sure that you follow at least three seconds behind the driver in front of you. This allows you enough room to stop in an emergency and provides space to other drivers that need to change lanes. If weather affects your stopping or visual distances, you may need to increase this distance.
- Drive in the passing lane only when you are passing. The left lane of multilane highways has been designated as the

passing lane and should be used only to pass another vehicle.

- Use your turn signal when changing lanes. This will let your fellow motorists know your intentions before you move into a new lane or have to turn.
- Avoid using offensive gestures and ignore agitated drivers. Be aware of speeding vehicles and let them pass when they approach.

Road rage can be identified by such aggressive driving behaviors as running stop signs or red lights, speeding, tailgating, passing on the right, and inappropriate hand and facial gestures. When confronted by an aggressive driver, some tips are:

- Try to stay out of the aggressive driver's way. Do not challenge an aggressive driver by speeding up or attempting to "hold your own" in the travel lane.
- Avoid eye contact with an agitated driver and ignore any gestures directed at you.
- Always wear your seatbelt. Injuries from automobile accidents are dramatically reduced when the occupants wear their seatbelts.

Road rage has been established as a contributing factor in many traffic accidents. Don't allow driving conditions to put you into a road rage mindset or become the victim of road rage reprisal.

Being a passive driver does not reflect on your character in any way; it just helps ensure that you will arrive at your destination with little or no disruption in your travels.

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Training Log

Company Name: _____

Name of Trainer: _____

Date of Training: _____

Employee Name (printed)	Employee Signature

