

ROAD RAGE



Presented By:

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Road Rage on the Rise

- ◆ More news lately about traffic disputes ending in fights or even **fatalities**.
- ◆ According to a National Highway Traffic Safety Administration (NHTSA) survey on aggressive driving attitudes and behaviors, more than 60 percent of drivers see unsafe driving by others, including speeding, as a major personal threat to themselves and their families.

Road Rage on the Rise



(CNN)

High-speed racing duel on the George Washington Memorial Parkway outside Washington killed two innocent commuters, including a mother of two, traveling in the opposite direction.

Road Rage on the Rise

- ◆ Have you **run a red light** or **blown a stop sign** because no one was around and you were **in a hurry**?
- ◆ Rolled down your car window to **give another driver a piece of your mind**?
- ◆ **Tailgated** another driver and **flashed your lights**, when the other car passed you and seemed to be moving too slowly in the "fast lane"?

You have also committed one of the millions of cases of road rage that occur every year!

Road Rage on the Rise

- ◆ **Road rage** is the popularized term for all forms of **aggressive driving**:
 - from speeding to ignoring traffic signals...
 - from weaving between lanes in traffic...
 - to car chases ending in violence.

Chances are, you'll either commit an act of road rage or be a victim of it.

Why Is Everyone So Angry?

- ◆ Goodwill seems to be in increasingly short supply on our roads.



- One of the key factors in **driving-induced stress** is the high amount of **traffic congestion**.
 - In many areas, population growth has outstripped road construction. This leaves more motorists on the roads in snail-paced traffic for longer periods of time. Studies show that this kind of frustrating congestion is the primary cause of **aggressive driving**.

Why Is Everyone So Angry?



- ◆ After a long day at work, and a commute that can be hours long one-way, it's no wonder that people are losing their cool.
- ◆ **Pressure drives people to unsafe driving:**
 - weaving in traffic
 - speeding
 - distraction while behind the wheel -- which only serves to inspire other drivers' wrath.

What You Can Do To Keep Your Cool

- ◆ To **reduce the stress** that causes such incidents, you should:
 - Assume that another driver's mistakes are not directed at you.
 - Allow yourself plenty of time for your commute, and avoid scheduling events at work or at home that may cause you to try to rush.
 - Listen to soothing music or a book on tape to make your commute more enjoyable.
 - Structure your commute to **avoid rush-hour traffic**.

Defensive Driving Is Courteous Driving

- ◆ Almost everyone who drives has heard about defensive driving.
- ◆ It is equally important to **drive courteously.**
- ◆ Use the following tips to help you avoid getting into situations that jeopardize you and other drivers.



Defensive Driving Is Courteous Driving (continued)

- Respect the speed limit. You may not get where you're going at all, by going faster.
- Follow all traffic signs and indicators.
- Respect crosswalks.
- Allow others to pass you by moving to the right lane, or even pulling over.
- Use your turn signal to indicate that you want to change lanes.

Defensive Driving Is Courteous Driving (continued)

- Maintain plenty of space between your car and the vehicle ahead.
- Do not yell or make obscene gestures at other drivers or pedestrians.
- Use your horn and high beams sparingly.
- Observe posted parking regulations, and use only one parking spot for your car.

Defensive Driving Is Courteous Driving (continued)

- Be polite to other drivers even when they are not polite to you.
- Keep your cool in traffic incidents and accidents.



Wrath on the Road is Reckless

- ◆ If you're **not driving courteously** and **defensively**, chances are **you're driving aggressively**.
- ◆ No matter how stupid or deliberately irritating another driver appears to be, the **stakes can be high** if you choose to **escalate an already tense situation**.
 - The driver towards whom you are directing your anger may react in a far more hostile manner than you ever imagined, which may cost a life - **your own**, the **other driver's**, or an **innocent bystander's**.

Make this World a Better place...Be
a Courteous and Safe Driver!

