



## How to Recognize and Avoid Aggressive Driving and Road Rage

Follow these tips to avoid aggressive and road rage drivers and to avoid becoming one yourself.

### AGGRESSIVE DRIVER BEHAVIORS INCLUDE:

- **Exceeding the speed limit** and driving too fast for conditions
- **Ignoring traffic signs and signals**
- **Trying to “beat” red lights**
- **Making erratic lane changes** and not signaling intentions
- **Weaving in and out of traffic**
- **Tailgating**
- **Flashing headlights** at slower vehicles
- **Using high beams routinely** and/or not turning them off for oncoming traffic
- **Using horn** frequently and/or inappropriately
- **Passing** on the right
- **Blocking** passing lanes
- **Cutting others off** when changing lanes or passing other vehicles
- **Using rude or obscene hand or facial gestures** to communicate displeasure with other drivers
- **Taking the right of way away from others**

### RESPOND PROFESSIONALLY TO AGGRESSIVE OR ROAD RAGE DRIVERS BY:

- **Giving them plenty of room**
- **Letting them pass**
- **Staying behind them** with additional following distance
- **Staying calm** and not reacting to their behavior
- **Not making eye contact** with them
- **Not engaging in an argument** or trying to “teach them a lesson”
- **Stopping in a safe place** and reporting the driver to authorities, if needed

### AVOID ROAD RAGE BY:

- **Obtaining adequate rest and healthy nutrition** before your trip to help with a healthy mental attitude
- **Driving in a courteous and considerate manner**
- **Keeping your emotions in check** and staying calm
- **Obeying all traffic laws**, signs and signals
- **Signaling your driving intentions well in advance** before turning, passing, etc.
- **Checking blind spots before** turning or changing lanes
- **Turning off your high beams** for oncoming traffic
- **Using your horn sparingly** and never in anger
- **Staying out of the passing lane** if you are not passing another vehicle
- **Maintaining a safe “space cushion”** and at least a seven-second following distance between you and all other vehicles
- **Do not confuse a simple driving error** by others as road rage. We all make mistakes
- **Never tailgating**
- **Never taking your problems with you** when you are on the road
- **Never permitting outside stimuli** to negatively affect your driving
- **Never assuming ill intent** on the part of other motorists who may make an honest driving mistake; be forgiving instead