

TOOL BOX TALKS

Aggressive Driving

Traffic congestion continues to grow, and motorists commuting to and from work and traveling for business often find themselves caught up in bottlenecks and delays. Traffic has increased exponentially, but roads have not been built at a pace to absorb all of this traffic. Motorists become frustrated and aggressive driving results. Stay focused, stay safe, and remember loved ones at home. Don't let stress in bad traffic overwhelm you.

WHY ARE PEOPLE AGGRESSIVE WHEN DRIVING?

Not enough roads: The highway system has not kept pace with the growing traffic demands placed on it.

More drivers: Since 1970, the numbers of drivers increased by 64% while the roadway system increased by 6%.

Many Americans believe aggressive driving is on the rise. Many are frustrated at the behavior of other drivers, but admit to engaging in the same behaviors themselves.

Aggressive driving is a factor in a substantial number of the 6.8 million crashes that occur each year.

Frustrated drivers are using their cars as weapons. What's the result? A bad crash or physical altercation.

AGGRESSIVE DRIVING CAN BE AVOIDED

Correct your own unsafe driving habits that are likely to endanger, antagonize or provoke other drivers.

Keep your cool in traffic.

Focus on driving and reduce distractions.

- Cell phone
- Eating and drinking
- GPS system, CD player and radio
- Be patient and courteous to other drivers, and don't take their actions personally.
- Reduce your stress on the road by allowing enough time to reach your destination.
- Plan your route in advance and alter your schedule or route around busy roads.
- If you're going to arrive late, accept it and avoid aggressive driving.
- Make every attempt to move out of an aggressive driver's way.
- Ignore gestures presented by aggressive drivers, and do not make eye contact.
- Report aggressive driving to the police.
- Provide a vehicle description, license number, location and the direction of travel.

