

## Are You an Aggressive Driver?

### Do You?

- ✓ **Express Frustration.** Taking out your frustrations on your fellow motorists can lead to violence or a crash.
- ✓ **Fail To Pay Attention When Driving.** Reading, eating, drinking or talking on the phone, can be a major cause of roadway crashes.
- ✓ **Tailgate.** This is a major cause of crashes that can result in serious injuries or deaths.
- ✓ **Make Frequent Lane Changes.** If you whip in and out of lanes to advance ahead, you can be a danger to other motorists.
- ✓ **Run Red Lights.** Do not enter an intersection on a yellow light. Remember flashing red lights should be treated as a stop sign.
- ✓ **Speed.** Going faster than the posted speed limit, being a “road racer” and going too fast for conditions are some examples of speeding.

### Plan Ahead. Allow Yourself Extra Time.

- ✓ **Concentrate.** Don't allow yourself to become distracted by taking on your cell phone, eating, drinking or putting on makeup.
- ✓ **Relax.** Tune the radio to your favorite relaxing music. Music can calm your nerves and help you to enjoy your time in the car.
- ✓ **Drive the Posted Speed Limit.** Fewer crashes occur when vehicles are traveling at or about the same speed.
- ✓ **Identify Alternate Routes.** Try mapping out an alternate route. Even if it looks longer on paper, you may find it is less congested.
- ✓ **Use Public Transportation.** Public transportation can give you some much needed relief from life behind the wheel.
- ✓ **Just Be Late.** If all else fails, just be late!

### When Confronted with Aggressive Drivers:

- ✓ **Get Out of the Way.** First and foremost make every attempt to get out of their way.
- ✓ **Put Your Pride Aside.** Do not challenge them by speeding up or attempting to hold your own in your travel lane
- ✓ **Avoid Eye Contact.** Eye contact can sometimes enrage an aggressive driver.
- ✓ **Ignore Gestures.** Ignore gestures and refuse to return them.
- ✓ **Report Serious Aggressive Driving** You or a passenger may call the police. But if you use a cell phone, pull over to a safe location.

**If You Need Assistance with Your Driver Safety Program  
Contact Your CompWest Loss Control Consultant**