



AVOID AGGRESSIVE DRIVING

Aggressive driving puts you and others on the road at risk of serious injury or death.

Recognize the Hazards and Know the Defenses to prevent Road Rage in yourself and others.



**NOBODY
IS
PERFECT!**



Everyone makes
mistakes, nobody is
perfect. Live it, learn
from it, move on.

GreatestQuotes.net

What factors in your environment cause aggressive driving and road rage?

Road Construction

Traffic Congestion

Rude Motorists/Bad Drivers

Trouble at Home

Unprofessional Truck Drivers

Running Behind at the Plant

Mechanical Trouble

Bad Directions

Work-Related Conflict

Running Low on Fuel

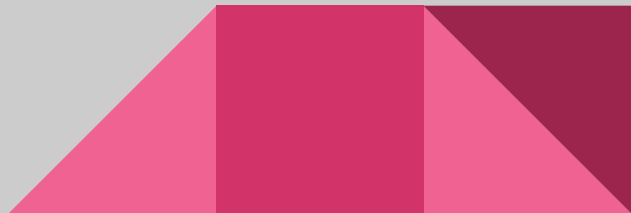
Slow Moving Farm Equipment

Stress



Bad Driving Habits that Can Cause Aggression:

- “Cutting Someone Off” - Erratic and Improper Lane Changes:
 - Stay in one lane as much as possible and merge with plenty of space.
 - Always use your turn indicator
 - Signal early to indicate your lane change.
- Slow moving vehicles in the left lane - “Left Lane Loafing”:
 - Use the far left lane only to pass.
 - Merge right and let faster moving vehicles get around you.
- Competitive Driving:
 - You’re not “losing” if someone passes you.



Bad Driving Habits that Can Cause Aggression:

- TailGating - Maintain adequate following distance - 6 seconds at 65 m.p.h.
 - If you are unable to pass, allow more space between you and the vehicle in front of you, not less.
 - Let faster moving vehicles get by you.
- Gestures - Do NOT make rude or obscene hand gestures.
 - Don't Engage - Refuse to become angry
 - Avoid Eye Contact if another driver is acting angry towards you.
 - Don't honk your horn.
 - Don't flash your lights.
- Get help if you believe another driver is going to react violently or start a fight.

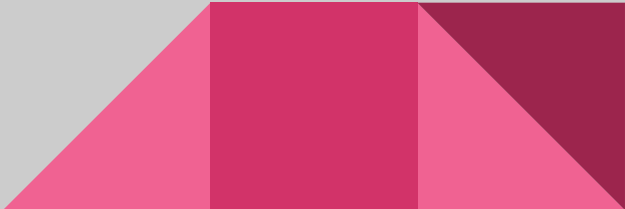


DEFENSES TO AGGRESSIVE DRIVING

DON'T DRIVE DISTRACTED!!

PROFESSIONALISM - Professional drivers are held to a higher standard.

COURTESY -

- Observe proper speed
 - Maintain proper following distance
 - Leave personal issues at home
 - Yield the right of way
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DEFENSES TO AGGRESSIVE DRIVING

ACCOUNTABILITY - The only thing you can truly control is yourself and your decisions behind the wheel. How you react to an adverse situation is your choice and is often influenced by your attitude.

ATTITUDE - **Keep Cool. Be nice.**

“Nothing is going to upset me today.”

- **Don't let the actions of others control you. You are better than that!**
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