



Training Solutions, Delivered!

AGGRESSIVE DRIVING AND ROAD RAGE

**Leader's Guide, Fact Sheet
& Quiz**

Item Number: 4979

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This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

4979 AGGRESSIVE DRIVING AND ROAD RAGE FACT SHEET

LENGTH: 12 MINUTES

PROGRAM SYNOPSIS:

In any discussion of Driver Safety, Defensive Driving and Road Hazards, one of the most dangerous hazards of all is the Human Factor. Doesn't it seem like there are more angry drivers on the road these days? You're not alone. It's not your imagination. Aggressive driving has become increasingly more common among U.S. drivers in recent years.

Topics include factors that cause aggressive driving, how to defend yourself against aggressive drivers and what to do in case of an accident.

PROGRAM OBJECTIVES:

After watching the program, the participant should be able to explain the following:

- What causes aggressive driving behavior;
- The best way to defend yourself against an aggressive driver(s);
- What to do in case of an aggressive driving accident.

INSTRUCTIONAL CONTENT:

AGGRESSIVE DRIVERS BY THE NUMBERS

- In any discussion of Driver Safety, Defensive Driving and Road Hazards, one of the most dangerous hazards of all is the Human Factor...the unpredictability of all the drivers on the road...and specifically, the ways that our emotions can influence the way we drive.
- Doesn't it seem like there are more angry drivers on the road these days? You're not alone. It's not your imagination.
- In a poll conducted by the Washington Post, the number of drivers who confessed to feeling "uncontrollable anger toward another driver" has doubled in recent years.
- Whatever the actual numbers may be, Aggressive Driving is a growing problem and a potentially deadly one.
- Unfortunately, it's a plain fact that aggressive driving has become increasingly more common among U.S. drivers in recent years.
- Several years ago, research by the AAA Foundation for Traffic Safety found that from 2003 to 2007, over half of fatal crashes involved at least one driver who performed a potentially aggressive action.
- Another study released by the AAA Foundation reported that nearly 80% of drivers expressed significant anger behind the wheel at least once in any year. Those numbers have increased over the past several years.
- When these actions escalate in intensity and danger, they become what we all know as Road Rage. they will happen to you.

CAUSES OF AGGRESSIVE DRIVING

- In order to understand the dangers of Road Rage, it makes sense to take a look at what factors in daily life can cause this type of behavior.
- Often, those that we are closest to can upset us the most. It's important to be especially aware of your emotions and reactions, as they can influence how you behave on the road.
- Some of the more stressful, but all too common life situations that can potentially result in road rage include: Getting fired or into an argument at work; arguing with your significant other; rushing because you're running late to an appointment; scolding your kids in the car.

- In addition, most of us have jobs and lifestyles that include more hours than ever of commuting on congested roadways, where incidents of road rage seem to be fairly common.
- Many of the accidents on the highways and streets are due to drivers' inability to control their temper while behind the wheel, and it's up to each one of us to monitor our own state of mind along with being aware of those around us.
- Road rage can exhibit itself in a variety of extreme ways, from screaming, to ignoring the rules of the road, or even using one's vehicle as a weapon to inflict harm to the driver of another vehicle.
- So, how do you avoid becoming a victim of road rage? The variable is the Human Factor, and your best defense is awareness and education.

ROAD RAGE & AGGRESSIVE DRIVING

- First, we need to take a look at the various situations that you can encounter on the road that would qualify as an incident of road rage.
- The best definition of "Road Rage" is this: "aggressive or violent behavior stemming from a driver's uncontrolled anger at the actions of another motorist".
- Some examples of this behavior include: a driver using their vehicle as a weapon against the vehicle of another motorist by ramming into, or otherwise creating a collision; a driver using their vehicle to run the driver of another vehicle off the road; a driver stopping their vehicle, exiting the vehicle, and threatening to or engaging in a physical confrontation; and using any sort of weapon (other than the car) to inflict harm on another driver or vehicle.
- In any case, what begins as aggressive driving can escalate to road rage, so recognizing the signs of aggressive driving can help you to avoid more dangerous situations.
- The definition of "aggressive driving" is "an accumulation of illegal driving maneuvers, often resulting from emotional distress".
- These maneuvers are easily observed in traffic.
- We've all shared the roadways with drivers guilty of these types of impatient and bad-tempered moves: tailgating; cutting others off; not using turn signals; mentally or verbally cursing other drivers; speeding; honking; flashing your headlights; and brake checking.
- It just makes sense to stay aware of the activity on the road around you, and if you observe any of these things, engage in defensive techniques to avoid any upcoming trouble.

DEFENSIVE DRIVING

- Now that we've described the behaviors and driving maneuvers to be wary of, how do we defend ourselves against this kind of aggressive action? Every situation is different, but here are some very good rules to remember:
- Don't go on the Offensive. Protect yourself by not exacerbating the situation. Be the better person. There are specific behaviors that have the potential to enrage the other drivers.
- Never cut another vehicle off. Always ensure that you have plenty of room when you are merging lanes and use your turn signal before making a move. If you made a mistake by accidentally cutting someone off, apologize with an appropriate gesture to the other driver. If you happen to be cut off, slow down and give the other driver room to merge into your lane.
- Driving slowly in the Left Lane. If you are in the left lane and another car wants to pass, move over and let them by.
- Tailgating. Always allow at least a two-second space between your vehicle and the car ahead. If another car is driving slowly, then pull back and allow more space so you can pass. If you feel you are being followed closely, signal and pull over to allow the other driver to go by.
- Gestures. Always keep your hands and attention on the wheel. Be a cautious and courteous driver.
- Yield When Necessary. It's never a given that others will follow the rules of the road, so it's best if you can avoid insisting on your own right of way if another driver tries to challenge you. Think of it as the "Golden

Rule" of road travel: "even if you have the right of way, it's best to give way to the other driver to prevent being hurt".

- There are times when the right of way rules are misunderstood and not clear to everyone. If there is uncertainty about which vehicle should have the right of way, always err on the side of safety.
- Far better for your trip to take a few minutes longer than expected than to be delayed by an accident or worse.
- Another great defense is to be proactive and sign up for a Defensive Driving course.
- You may be surprised after participating in a defensive driving course to find that some of your own road habits may be leading you to accidents and problems on the road.
- Even our most basic vital driving habits can be forgotten in overconfidence, as most of us think of ourselves as "good drivers".
- Consider the money invested on this type of training as a way to save you money by avoiding fines associated with speeding tickets or other traffic misdemeanors.
- There are driving safety courses you can take online that can help you with your driving etiquette and increase your overall safety awareness on the road.

INTERACTING WITH AN AGGRESSIVE DRIVER & ACCIDENTS

- If all of your defensive maneuvers fail to avoid a potential incident, you'll need to know how to proceed if you've upset another driver, as it's important to defuse the situation as soon as possible.
- The best way to do this is by showing remorse. Some of the ways you can do this are: waving to the other driver; mouthing that you're sorry; and allowing plenty of room for them to pass you.
- Meanwhile, remember the most important rule of all: be the bigger person.
- This helps to keep everyone, including yourself, calm, rational and safe. Of course, you should always call the police if you believe you're in imminent danger.
- By the same token, if someone upsets you, don't make the situation more difficult than it has to be.
- Before taking matters into your own hands, you should: pull over to a safe location, out of the way of traffic; take deep breaths—maybe even count backwards; remember you have full control over your own actions and thoughts; think about the consequences of your actions, should you contemplate exacting revenge on the other driver.
- By remaining calm and not taking other drivers' actions personally, you can avoid legal repercussions and accidents.
- Lastly, it's very important to be familiar with the procedures you need to follow if an accident does occur. Road rage is inevitable.
- Even if you are prepared to handle the situation, you won't be able to control how the other driver will react.
- If you happen to be involved in a road rage accident, it's important to inform people of your whereabouts, the situation, and how they will be able to help.
- This is extremely critical for those drivers in fleet businesses to ensure they are on track with a delivery, service call or appointment.

BEST PRACTICES TO AVOID BEING AN AGGRESSIVE DRIVER

- When on the road, remember the basic rule of Confucius: "Do not do unto others what you don't want others to do unto you."
- Condemning or engaging an enraged driver in any manner can not only prove to be dangerous and cause accidents, but also can impact your personal health in the long run as accumulated stress can lead to chronic health conditions.
- So it's always best to stay calm and keep your eyes on the road!
- The consequences of Road Rage can be very severe.
- If a law enforcement officer catches you engaging in road rage, you can be charged with a criminal offense.

This means that you will need to go to court, pay legal fees, and possibly even face jail or prison time.

- For all of the time and money that you'll end up losing, road rage is simply not worth it.
- In addition, you risk damage to your vehicle, physical harm to yourself and your passengers, and even death.
- You don't know what other people are capable of or what their state of mind might be.
- If you succumb to road rage, the other driver could have a deadly weapon, putting you in serious danger.
- Bottom line: a few moments of anger are simply not worth a lifetime of sorrow.

AGGRESSIVE DRIVING AND ROAD RAGE

ANSWERS TO THE REVIEW QUIZ

1. a

2. b

3. d

4. a

5. d

6. b

7. b

8. a

9. a

**AGGRESSIVE DRIVING AND ROAD RAGE
REVIEW QUIZ**

Name _____ Date _____

The following questions are provided to determine how well you understand the information presented in this program.

1. One of the most dangerous hazards of driving is the Human Factor.
 - a. True
 - b. False

2. Over ____ of fatal crashes involved at least one driver who performed a potentially aggressive action.
 - a. 2/3
 - b. 1/2
 - c. 1/4
 - d. 1/8

3. Which of the following are common situations that can potentially result in road rage?
 - a. Getting fired or into an argument at work
 - b. Arguing with your significant other
 - c. Scolding your kids in the car
 - d. All of the above

4. Your best defense against aggressive driving is awareness and education.
 - a. True
 - b. False

5. Impatient and bad-tempered aggressive drivers may _____.
 - a. Tailgate
 - b. Not use turn signals
 - c. Brake check
 - d. Do all of the above

6. Every aggressive driving situation is the same.
 - a. True
 - b. False

7. Driving slow in the left lane is always acceptable.
 - a. True
 - b. False

8. Allowing an aggressive driver plenty of room to pass you is a good way of showing remorse.
 - a. True
 - b. False

9. Remembering the basic rule of "Do not do unto other what you don't want other to do unto you" is a good rule of the road.
 - a. True
 - b. False