

# PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

## A five-minute training Series for Pest Management Professionals.

### Coping With Traffic Congestion

You are late for work—again. Traffic is bumper-to-bumper. You can feel the tension mounting. Suddenly, you see an opening. You accelerate. You jerk your wheel quickly to the left. Mission accomplished. You have just gained one car length. The driver behind you honks. Sure, you cut him off, but it was his own fault. He shouldn't have left so much space on the road.

Since 1987, the number of miles driven in the United States has increased 35 percent, while the miles of pavement increased by only 1 percent. With traffic congestion on the rise, life for many is wrought with frustration. Everywhere, people describe increasing angst as they attempt to navigate crowded roads often filled with hostile, hurried drivers.

Heavy and slow-moving traffic makes many drivers anxious, leading to such dangerous acts as tailgating and weaving in and out of traffic. Crowded roads leave little room for error, fueling suspicion and hostility among drivers and encouraging them to take personally the innocent mistakes of other drivers. Once freed of congestion, drivers often find themselves pressed for time. This tempts them to speed and run red lights, thus perpetuating the cycle of aggression.

While policymakers debate long-term solutions to relieving traffic congestion, commuters must find effective ways to cope with this problem without overreacting and resorting to aggressive driving themselves.

#### Some Tips to Follow:

##### Plan Ahead

If you know that your drive to work averages between 10 and 30 minutes, give yourself 40 minutes. Don't leave late and expect to make up for lost time on the road.

##### Concentrate

Give the drive your full attention. Don't allow yourself to become distracted by talking on your cellular phone, shaving, eating, drinking, putting on makeup, or reading the newspaper. Distractions lead to mistakes, and mistakes lead to hostility.

##### Obey the Speed Limit

Driving too fast frequently leads to a condition called "bottle-necking." This is when drivers start out well spaced but end up at the same place at the same time, bringing traffic to a standstill. Traffic flows best when everyone is traveling at about the same rate. Drive the posted speed limit.

##### Identify Alternate Routes

The shortest distance between two points may not always be a straight line. Try mapping out an alternate route. Even if it looks longer on paper, you may find it is less congested. However, if you have chosen the road less traveled, don't turn it into a racetrack by speeding.