



A Five-minute Training Series for Pest Management Professionals

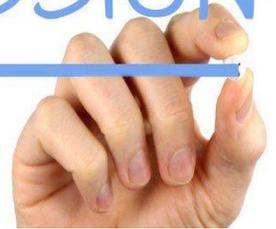
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Avoid Aggressive Driving

Aggressive driving behaviors include tailgating, intentional quick stops, abrupt lane changes, offensive hand gestures, failing to yield the right-of-way, inappropriate high beam use, speeding to overcome a vehicle and cutting another driver off. This safety tip will focus on the avoidance of aggressive driving as both the source and the recipient.

We encounter rude, inconsiderate drivers during our usual commutes. When this lack of respect turns into dangerous driving the outcome can affect your safety. Hopefully those encounters are seldom and we resist the urge to retaliate. Drivers tailgate, race through intersections on yellow lights, and fail to signal their turns. Aggressive driving behaviors can increase crash risk so it is important to keep your cool and to react appropriately to aggressive drivers.

AGGRESSION



React Appropriately to Aggressive Drivers

Sometimes, you are the aggressive driver and other times you may encounter an aggressive driver. How should you respond in order to defuse potential "road rage" situations and avoid crashes?

- Drive courteously and defensively. Stay focused and calm.
- Be prepared to take emergency action to avoid a collision (Escape with a Plan).
- Do not respond to rude gestures or verbal intimidation.
- Go with the flow of traffic.
- If a vehicle cuts you off, drop back and let it go.

Do not be the Aggressive Driver

Aggressive drivers more than double their risk of crashing. Use these strategies to reduce stress and increase safety:

- Give yourself plenty of time to reach your destination.
- Alter your schedule or route to avoid busy roads.
- Plan your route and be willing to make changes as necessary.
- Know the highway emergency phone numbers for your travel route.

Avoid these aggressive driving situations:

- Cutting off other drivers: Be sure you have ample space to pass a vehicle and pass only when necessary. After you pass, move back into your original lane only when you can see the passed vehicle's headlights in your rearview mirror. Maintain your speed.
- Following too closely: Following too closely behind another motorist, or tailgating, is an aggressive driving behavior that is very dangerous and irritating to other drivers. Under ideal road conditions, a driver should allow 3-4 seconds of distance to avoid rear-end collisions.
- Using passing lanes improperly: A passing lane is supposed to be just that. If you are in the passing lane, you are supposed to be passing another vehicle. Do not drive in this lane. Once you have passed the vehicle, move back to the right-hand lane.