



Road Rage

Useful tips on how to deal with aggressive drivers and helpful hints to reduce stress while driving.

Protect Yourself.

If you are dealing with an aggressive driver, make sure your doors are locked. If you're stopped in traffic, leave enough room to pull out from behind the car in front of you. If an aggressive driver confronts you, dial 911 or go to the nearest police station.

Don't take it personally.

Be polite and courteous, even if the other driver isn't. Avoid conflict, if possible. If another driver challenges you, take a deep breath and move out of the way. Never underestimate the other driver's capacity for causing mayhem.

Reduce your own stress.

Allow plenty of time for a trip and listen to soothing music when you drive. Make sure your seat position and the climate control of the vehicle are comfortable for you. Most importantly understand that you cannot control traffic, only your reaction to it. In the end, you may find that personal frustration, anger and impatience are the real danger zones/road rage triggers on the highway.

Report aggressive drivers.

Report dangerous driving to the appropriate law enforcement agency. Make sure you give a vehicle description, license plate number, and the location and direction of travel. This could prevent a tragedy.

Be a courteous driver.

Set an example, make our roads safer.

- Control your anger
- Don't take traffic problems personally.
- Avoid making eye contact with aggressive drivers.
- DO NOT make obscene gestures.
- DO NOT tailgate.
- Use your horn sparingly, even a polite honk can be misinterpreted.
- DO NOT block the passing lane.
- DO NOT block the right turn lane.