

Loss Control



FARMERS

Information Bulletin

Road Rage

The American Automobile Association defines road rage as aggressive driving arising from disagreements between drivers that can result in physical assault.

As the number of commuters and travelers on the roads swell, the chance of an encounter with an outraged driver becomes more likely. Drivers need to understand the causes of road rage and how to react when a situation occurs with someone that is in this agitated state.

Here are some pointers on how you can avoid becoming an enraged driver:

- *Allow plenty of time to get to your destination. If you find that you are going to be late, be late. It is better to arrive at your destination a little late than to have an accident or end up in a confrontation with another driver.*
- *Avoid tailgating other drivers. Make sure that you follow at least two seconds behind the driver in front of you. This allows you enough room to stop in an emergency and provides space for other drivers that need to change lanes. If weather affects your stopping or visual distances, you may need to increase this distance.*
- *Drive in the passing lane only when you are passing. The left lane of multilane highways has been designated as a passing lane and should be used only to pass another vehicle.*
- *Use your turn signal when changing lanes. This will let your fellow motorists know your intentions before you move into a new lane or have to turn.*

- *Avoid using offensive gestures and ignore agitated drivers. Be aware of speeding vehicles and let them pass when they approach.*

Road rage can be identified by such aggressive driving behaviors as running stop signs or red lights, speeding, tailgating, passing on the right, and inappropriate hand and facial gestures. Here are some things that you can do when confronted by an aggressive driver.

- *Try to stay out of the aggressive driver's way. Do not challenge an aggressive driver by speeding up or attempting to "hold your own" in the travel lane.*
- *Avoid eye contact with an agitated driver and ignore any gestures directed at you.*
- *Stay calm. If the situation escalates, look for a safe place to exit the road and remove yourself from the situation. If the other driver follows you, look for a police station or fire station for possible safe haven.*
- *Always wear your seatbelt. Injuries from automobile accidents are dramatically reduced when the occupants wear their seatbelts.*

Road rage has been established as a contributing factor in many traffic accidents. Don't allow driving conditions to put you into a road rage mindset or become the victim of road rage reprisal. Being a courteous driver helps to ensure that you will arrive at your destination with little or no disruption in your travels.