

Aggressive Driving

Are You Part of the Problem?

You have seen it a thousand times. You're driving the speed limit in the slow lane, when someone comes up right behind you and hugs your rear bumper? What do you do?

A recent American Automobile Association (AAA)/Gallup poll shows we fear aggressive drivers more than drunken drivers. The aggressive driver is typified by behavior such as cutting people off, tailgating, speeding, and careless weaving in and out of lanes. All common descriptions of what we see in our daily commute to work. Unfortunately, these actions put the rest of us at risk.

Driving is complex and no one is perfect. Law enforcement agencies do their part to control our crowded roads, but there may not be any easy solutions to the cultural driving patterns, which are increasingly leaning towards aggressive driving. Statistics show more and more that aggressive driving causes accidents.

How can we avoid being victims of aggressive drivers? The AAA Foundation provides three guiding principles:

- **Don't offend.** Be courteous to other drivers

by using turn signals and not cutting off the other driver. If you are driving slower than other traffic, use the right lane. Avoid making gestures that may anger other drivers. Avoid the urge to tailgate other vehicles.

- **Don't engage.**

Stay clear of angry drivers. Control the urge to retaliate from what may appear to you to be the other driver's lack of courtesy. Avoid eye contact, which may encourage the aggressive driver.

- **Adjust your attitude.**

Avoid viewing the driving activity as a contest that requires you to win. Allowing more time can remove the sense of urgency. Listen to soothing music and practice relaxation techniques.

Violent and aggressive driving is increasingly on the rise. You can avoid becoming a victim by using these tips. You can also play a major role in making our roadways safer by

reporting aggressive driving incidents to the appropriate law enforcement authorities. ♦

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Outta' My Way!



Don't Be An **AGGRESSIVE DRIVER!**



Editor's Note: Road rage differs from aggressive driving in that road rage involves a violent traffic dispute (physical assault or vehicle contact). Aggressive drivers operate their vehicle in a bold or pushy manner often violating traffic codes like speeding, following too close, and making improper lane changes.