



Aggressive Driving

The National Highway Traffic Safety Administration (NHTSA) defines “aggressive driving” as the operation of a motor vehicle in a manner that endangers or is likely to endanger persons or property. It defines “road rage” as an assault with a motor vehicle or other dangerous weapon by the operator or passengers of another motor vehicle or an assault precipitated by an incident that occurred on a roadway.

Have you ever been driving along a pleasant stretch of road, calm and attentive, when a vehicle suddenly zooms up behind you, filling your rearview mirror, and flashing its headlights in a bold show of impatience? You may change lanes to allow the person to speed by. Sometimes you’re forced to endure a blaring horn or obscene gestures. Your attention gets diverted. You’re a victim of aggressive driving.

Unlike road rage, aggressive driving is a traffic offense. The aggressive driver disregards other drivers and does unlawful things, such as speeding, improper or excessive lane changing, failing to signal his/her intentions and illegally passing (such as on the shoulder of the roadway).

What Makes a Driver “Aggressive”?

Stress, fatigue, emotional problems, alcohol and drug use, general disregard for other drivers all tend to make for an aggressive driver. None of these issues justify it. As a driver, you must focus on driving safely which means focusing on the task and recognizing the potential consequences of driving aggressively. A professional driver should:

- Not be distracted by talking on your cell phone (even hands-free devices), eating, drinking, putting on makeup, etc.
- Make sure you get proper rest and try to relax.
- Plan your route in advance to avoid confusion and to provide enough time to avoid being in a hurry.
- Stay within the speed limit and adjust your driving speed for road conditions.
- Signal your intentions far enough in advance to make other drivers aware of your plans.
- Never allow a deadline to supersede safe driving.

What If You Are Confronted by an Aggressive Driver?

First and foremost, don’t allow an aggressive driver to turn you into one. If you are confronted with an aggressive driver, you should:

- Make every effort to get out of their way. You don’t want to have an accident because of their stupidity.
- Avoid eye contact with the aggressive driver. Remember, they have a problem and you don’t want to make the situation worse.
- Ignore gestures from the aggressive driver and don’t return them. You are the better driver and have more control over your emotions.
- If the situation escalates, pull over in a safe location and call the police. Too frequently, aggressive drivers cross the line to road rage.

Most importantly, always wear your safety belt.

Topic:	
Date:	
Presented by:	

Attendee Signature	Attendee Printed Name

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Comments or Notes:



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