



# Safety Trainer **Road Rage**

## GOALS

This safety session should teach employees to understand:

- What road rage is
- How to avoid it
- How to stay calm and manage stress on the road

**Applicable Regulations: None**



### 1. What is road rage?

- It is most simply defined as an outburst of anger on the part of a driver, usually as the result of something another driver has done.
- It may range from swearing or rude hand or finger gestures, to leaning on the horn, tailgating, cutting off a driver, bumping another vehicle, or running it off the road.
- Even weapons are sometimes used, including guns, knives, or tire irons.

### 2. What triggers road rage?

- Situations that frequently provoke road rage include being tailgated, cut off, blocked behind an extremely slow or provocative driver, or having a parking space “stolen.”
- Psychologists say that many people find it easier to release their aggressive impulses on strangers—especially when they perceive themselves wronged by those strangers.
- It’s natural to feel fear in a near-miss accident or frustration over delays; what is not natural is to react violently toward the nearest scapegoat.

### 3. How can you avoid being a victim of road rage?

- The best way to avoid provoking road rage is to drive courteously but defensively.
- Never get into a passing lane and cruise at the speed limit; in that case, stay in the slow lane and go with the flow of traffic. Remember that an extremely slow driver can be as much of a hazard as a speeder.
- Don’t tailgate, and never pull out to pass on a two-lane road without a clear view of an unobstructed road ahead.
- Make sure you know where you’re going. Checking the map in advance and memorizing your exit or turn will help prevent frantic last-minute lane changes that could cut someone off.

Always expect the unexpected!

### 4. How can you manage your own stress while driving?

- To help keep your cool on the road, give yourself as many breaks as possible.
- Avoid driving when you’re angry or emotionally upset to begin with.



- Give yourself plenty of time to get where you are going, especially if it's important to be there on time.
- If traffic, tie-ups, and road construction make you crazy, be prepared with alternate routes and quiet back streets or roads; keep a good book on tape in the car and some easy-listening music.
- Consider keeping a cell phone in the car in case of an emergency or a serious delay that will make you late for a commitment. But don't annoy other drivers by allowing its use to detract you from driving safely.

### 5. How should you respond to road rage directed at you?

- The best response is no response at all. Almost any response can further enrage a driver who is already out of control.
- Try to ignore someone screaming while next to you at a stop light.
- Move out of the passing lane as quickly as possible if someone is speeding up behind you and obviously wants to pass.
- If someone cuts you off, stay back and let that driver continue.



#### **DISCUSSION POINTS:**

Have you ever been involved in situations of road rage? How did you handle it? How do you reduce your own stress while driving?



#### **CONCLUSION:**

Remember to drive courteously but defensively. Keep yourself calm and don't respond to another driver's road rage.



#### **TEST YOUR KNOWLEDGE:**

Have your employees take the quiz on road rage. By testing their knowledge, you can judge their ability to handle road rage—by others or themselves.