

## Professional Drivers and Aggressive Driving

It does not take long to find examples of aggressive driving on our roadways. Most of us see it every day- the road racer, the distracted, the no turn-signaler, the left lane rider, the tailgater, the frequent lane changer, the red light runner. We all need to look at ourselves to see if we are contributing to this type of driving environment. Do we have a "me first" attitude? First let's look at if we ourselves are aggressive drivers:

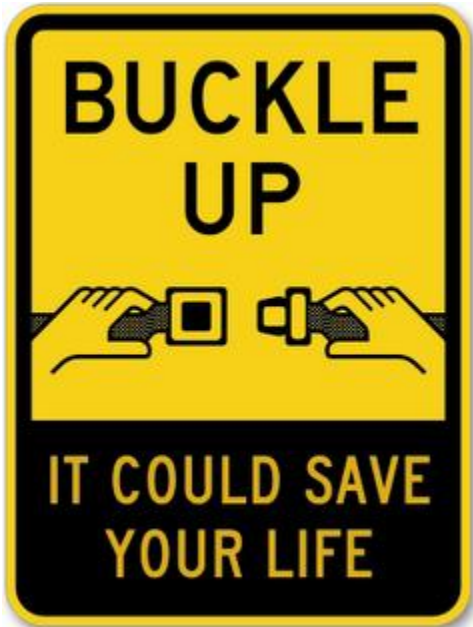
- Do we take out our frustrations on fellow motorists?
- Are we failing to pay attention to our driving?
- Are we tailgating?
- Do we make frequent lane changes?
- Have we run a few red lights?
- Are we going faster than the posted speed limit?

To help prevent aggressive driving we need to plan ahead. Do not allow yourself to become distracted by electronic devices or by eating/drinking. Tune the radio to your favorite relaxing music. This can calm your nerves and help you enjoy the drive. Try mapping alternate routes; even if it looks longer on paper it may be less congested. If all else fails just be late.

Aggressive driving is the operation of a motor vehicle in an unsafe and hostile manner without regard for others. There is an added bonus for responsible drivers. When confronted by an aggressive driver make every attempt to get out of their way. Do not challenge them by speeding up or attempting to hold-your-own. Avoid eye contact. Ignore gestures and refuse to return them. You or a passenger may call the police, but please pull over to a safe location before making the call yourself. Try to extend a little courtesy and a smile and you will make your day a little better. Just remember, getting there shouldn't be half the battle.

Aggressive driving is not limited to one part of the U.S. but the Detroit Bureau conducted a survey to see where our nation's cities rank. Least courteous cities are Houston, Atlanta, Baltimore, Washington DC, and Boston. Most courteous cities are Portland, Pittsburgh, St. Louis, San Francisco, and Charlotte.

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# Safety Brief



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This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: \_\_\_\_\_ Date: \_\_\_\_\_

Trainer: \_\_\_\_\_ Trainer's Signature: \_\_\_\_\_

### Class Participants:

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October 21, 2024 Week 43

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