



## How to avoid road rage

Read our guide for tips on how to be a more courteous driver and help reduce the threat of road rage on our roads.

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With more and more people in the world--and particularly in the workforce, our roads are becoming increasingly crowded.

When we're all frustrated with traffic conditions, sometimes people make mistakes which result in impolite driving manoeuvres, which can lead to anger from other frustrated drivers. This anger and frustration often ends up causing road rage, which can pose a significant threat to health and safety for everyone on the road.

## Factors Contributing To Road Rage

### Traffic delays

- Heavy traffic, sitting at stoplights, looking for a parking space or even waiting for passengers can increase a driver's anger level.

### Running late

- Running behind for a meeting or appointment can cause drivers to be impatient.

### Anonymity

- If drivers feel that they probably won't see other drivers again, they may feel more comfortable engaging in risky driving behaviours like tailgating, cutting people up, excessive beeping of the horn or making rude gestures.

### Disregard for others and the law

- Some drivers may think the rules don't apply to them.

### Habitual or learned behaviour

- For some drivers, aggressive driving may be the norm.

## Most Common Forms Of Road Rage

- Tailgating
- Yelling
- Beeping the horn in anger
- Making angry gestures
- Trying to block another vehicle from changing lanes
- Cutting up another vehicle on purpose
- Getting out of the vehicle to confront another driver
- Bumping or ramming another vehicle on purpose

## Tips To Avoid A Road Rage Incident

### Before You Get Behind The Wheel

- **Don't rush.** Give yourself time to get where you're going; you're less likely to become impatient and take unnecessary risks.
- **Cool off.** If you're upset, take time to calm down.

### What To Remember When Driving

- **Give other drivers a break.** If someone is driving slowly, keep in mind they might be lost.
- **Use hand gestures wisely.** Keep gestures positive—say, waving to a driver who lets you in when merging.
- **Don't tailgate.** Always keep a safe distance from the car in front, no matter how slowly they might be driving.
- **Lay off the horn.** Beeping the horn out of frustration won't solve any problems; it will just increase the stress level for everyone on the road.
- **Don't stop to confront another driver.** Stopping could lead to a dangerous situation for everyone.

### If Another Driver Acts Aggressively

- **Stay away.** Safely change lanes, gradually slow down or even exit the motorway to keep a safe distance from the aggressive driver.
- **Don't reciprocate.** Ignore the temptation to respond to the other driver; it could cause the situation to escalate. Don't make eye contact.
- **Don't stop.** Stopping could lead to a person-to-person confrontation, which could be dangerous.
- **Watch your back.** If you're worried that the other driver is following you, keep your doors locked and drive to the nearest police station.

By being a courteous and defensive driver, you can cut down the level of frustration you might cause other drivers, doing your part in keeping road rage at bay.