Aggressive driving can be caused by long commutes, heavy traffic congestion, and the behavior of other drivers. It can also be caused by your own mood, reactions, and ability to deal with stress on and off the road. Aggressive driving creates unsafe situations and can lead to higher risk of accidents and road rage. As Colby certified drivers, you must never operate a Colby vehicle in an aggressive manner.

What Are the Signs of an Aggressive Driver?
• **SPEEDING! (#1)**
• Frequent lane changes
• Tailgating
• Unsafe passing
• Honking the horn
• Making rude gestures or yelling at other drivers

What happens to Us?

Before we even cognitively process the situation, our brain goes into “fight or flight” mode and releases hormones, such as epinephrine and adrenaline, which cause a cascade of other reactions:

- **Face reddens.**
- **Pupils dilate.**
- **Breathing becomes faster and shallower.**
- **Neck and jaw muscles clench, and you may grind your teeth.**
- **Hands grip the wheel more forcefully as arm and shoulder muscles tighten.**
- **Blood pressure rises, and heart rate may as well.**

Back and legs can tighten, which is why you feel stiff getting out of the car after fighting traffic. Immune system declines if you experience this type of stress daily, in addition to potential cardiac and circulatory problems.
### Aggressive Driving

**How to Reduce Your Aggressive Driving Tendencies:**
- Keep your emotions in check. Don’t take your frustrations out on other drivers.
- Plan ahead and allow enough time for delays.
- Focus on your own driving.
- Be a cautious, considerate driver. Avoid creating a situation that may provoke another individual. Don’t tailgate, and let other drivers pass you. Use the horn sparingly.

**What to do when you encounter an Aggressive Driver:**
- Get out of their way.
- Do not challenge them. Don’t speed up, try to race, or do anything to aggravate them further.
- Avoid eye contact.
- Ignore gestures, and do not return them.
- If serious, report the driver. Take note of their vehicle, license plate, location, and direction of travel.

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### Be A Courteous Driver!!

- Drive the speed limit.
- Avoid driving in the left lane unless passing.
- Use your signal light when changing lanes and turning.
- Yield the right of way when in doubt.
- Do not use your mobile phone while driving.
- Obey the traffic laws.

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### BY THE NUMBERS:

- **66%** of fatal crashes involve one or more aggressive driving behaviors.
- **50%** of people admit to aggressive driving in the last month.
- **2%** of drivers admit to trying to run an aggressor off the road.
Review / Discussion Questions:

1. Discuss a situation when you responded poorly to an aggressive driver. What provoked your response?
2. Could the outcome have ended in an injury? Jail? Death?
3. In hindsight, how should you have dealt with the aggressive driver?
4. Have you ever driven a Colby vehicle in an overly aggressive manner? Why?

Printed Name

Signature

Questions, concerns or comments contact the EHS Director at extension 5504.