

# AGGRESSIVE DRIVING

Aggressive driving puts you and others at risk of serious injury or death. According to the National Highway Traffic Safety Administration (NHTSA), aggressive driving occurs when an individual commits a combination of moving traffic offenses that endanger other persons or property. Speeding, tailgating, erratic lane changes, and failing to obey traffic signs are just a few unsafe driving behaviors that can escalate to road rage or cause a crash. Read the information below, and ask yourself how you can improve your driving style.

## RECOGNIZE THE HAZARDS

### ENVIRONMENT

Road construction, traffic congestion, and rude motorists can be stressful and bring out the worst in truck drivers. Likewise, work-related conflicts or troubles at home can manifest when a driver gets behind the wheel, resulting in aggressive driving behaviors.

### EQUIPMENT

Misguided directions from a GPS unit, running low on fuel, or issues with the electronic logging device can lead to impatience, frustration, and possibly, aggressive driving.

### PERSONAL BEHAVIORS

Aggressive driving may be the result of many intrinsic factors, such as an individual's lack of professionalism, history of poor driving habits, or inability to cope with stress. Each factor can affect a person's approach to driving.

## KNOW THE DEFENSE

### ACCOUNTABILITY

Ultimately, the only thing drivers can control is themselves. From the decisions made behind the wheel to the way the driver responds to adversity, controlling oneself is the greatest loss prevention technique. To help manage stress, try to resolve issues before driving or pull over and refocus.

### MAINTAIN ONE LANE

Avoid making erratic or unnecessary lane changes. Stay in one lane as much as possible to better manage the space around the truck. If a lane change is needed, signal well in advance.

### OBSERVE PROPER SPEED FOR CONDITIONS

Do not try to keep up with the vehicles around you. Instead, reduce speed by 2-3 mph below the flow of traffic, not to exceed the posted speed limit.

### MAINTAIN PROPER FOLLOWING DISTANCE

Do not tailgate. Keep a minimum of six seconds following distance behind the vehicle in front of you. Allow for more space if additional hazards are present, like traffic congestion, road construction, or adverse weather.

### YIELD THE RIGHT OF WAY

Never force your way into another driver's lane. Plan ahead and use your turn signal. At intersections, yield the right of way, and do not block intersections while waiting for oncoming traffic to clear.