*Put on Safety Talk Template*

**Five Minutes for Safety**

**Road Rage**

**Objective:** Help identify causes and solutions for aggressive driving and tools available to employees to address stresses in their own lives that contribute to road rage.

**Opening**

Driving can be stressful but getting angry when behind the wheel can lead to aggressive driving or “road rage,” distracted driving or even an accident. The problem is on the rise. One survey found nearly 80% percent of drivers expressed significant behind-the-wheel anger or aggression at least once in the past year. Another analysis found aggressive driving played a role in 56% of fatal crashes over a five-year period.

Let’s talk about how we can identify it and what we can do to stay safe while driving.

**Questions for leading the conversation**

**Question:** What aggressive behaviors can be signs of road rage? (Ask for answers)

**Answer:** The truth is many dangerous driving behaviors can be attributed to anger or what we call road rage. These can include:

* Running red lights and stop signs
* Tailgating
* Passing on the shoulder of the road
* Cutting off another vehicle
* Braking suddenly in front of a tailgater
* Improper hand or facial gestures at other drivers
* Yelling
* Repeatedly honking the horn
* Repeatedly flashing headlights

**Question:** What can you do to keep from getting angry yourself and becoming involved in a potentially dangerous situation with another angry driver? (Ask for ideas)

**Answer:**

* Don’t retaliate.
* Don’t make eye contact.
* Keep your doors locked and your windows up.
* Keep enough space between you and the vehicle in front of you to pull out from behind.
* Don’t underestimate the other driver’s potential for aggression.

**Question:** How can you keep your emotions in check when you’re experiencing stress when out on the road? (Ask for ideas)

**Answer:**

* Be patient and courteous to others.
* Don’t drive when over-tired or upset.
* Allow extra time to get to your destination. When possible, change your schedule to avoid congestion.
* Listen to relaxing music or audio books.
* Give other drivers the benefit of the doubt – everyone makes mistakes.
* Avoid all conflict, even if you are right.

**Company/organization policy review, if applicable**

**Closing reinforcement**

Remember, we’re all living in a world where there are stressors at every turn. One of the worst places to vent your anger and frustration is behind the wheel of a car. If you find yourself struggling, get help to find constructive ways to channel these emotions in a way that keeps you – and everyone else – safe on the road.

**Sources:**

National Highway Traffic Safety Administration

AAA Foundation For Traffic Safety

Insurance Information Institute

GEICO