Angry Behind the Wheel

LENGTH 10–15 minutes

TO PREPARE Read the background information. Prepare your co-workers by asking them to take the following survey prior to the safety huddle time:
https://www.highwaytrafficschool.com/Aggressive-Driving.aspx

BACKGROUND
- When your employees are driving for work or beyond the workplace, how they respond in potentially aggressive driving situations. They are representing your company if driving a company vehicle, so their skills at diffusing a dangerous situation reflects on your brand.
- Nearly 80 percent of drivers expressed significant anger, aggression or road rage behind the wheel at least once in the past year, according to a new study released today by the AAA Foundation for Traffic Safety.
- In this Safety Huddle, employees will discuss tips to staying safe when encountering an aggressive driver.

DISCUSSION We get it: The frustrations of daily life can get under your skin. Let’s put ourselves in the shoes of the aggressive driver. Many drivers view other drivers as aggressive but do not see their own behavior as aggressive.

You took a quiz before our huddle time today on the link shown:
https://www.highwaytrafficschool.com/Aggressive-Driving.aspx

What did you notice when you took this survey? Did it remind you of safe driving practices that you could use? Share your thoughts.

What are some things the aggressive driver might be thinking and feeling? (answers will vary)
- Traffic is so slow today!
- I can’t believe I got stopped at the light again! I’m going to be late
- Nobody will let me in, I’m going to force my way in.
- Ha! I’ll show him!
NSC Transportation Safety Director, Alex Epstein says, “Driving is fundamentally one of the most dangerous things you’re going to do all day long. So, it’s important to be in the proper state of mind when you get in the car – relaxed, calm, and ready to go.”

Watch: [How to Protect Yourself in a Road Rage Situation](#).

What are some tips from this video that help?

- Be focused on the task of driving
- Take deep breaths and count backwards from 20
- De-escalate a situation
- Don’t engage; let them drive ahead
- Don’t use your horn

**OPTIONAL HANDOUT**

Your employees can learn more about how to handle aggressive drivers by reviewing a tip sheet on the ODC website:

If time allows, discuss this tip sheet, or share with employees as a follow-up.


**SUMMARY**

- Helping employees understand that safe driving practices spill over into safe riding practices helps you keep them safe, both on-the-job and off.
- Watching this 4-minute video helps drive home the discussion and gives your employees something they can take home to share with their loved ones. [https://txdrivingconcern.org/leapfrog-game-for-kids-not-aggressive-drivers/](https://txdrivingconcern.org/leapfrog-game-for-kids-not-aggressive-drivers/)