



Angry Behind the Wheel

JAN 2021

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>

Cue up the Live with Lisa Video on aggressive driving:
<https://txdrivingconcern.org/leapfrog-game-for-kids-not-aggressive-drivers/>

BACKGROUND

- How your employees respond in potentially aggressive driving situations can affect the workplace. They are representing your company when 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 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. Most drivers view other drivers as aggrieve but do not see their own behavior as aggressive.

Recall the survey you took to help you understand your own driving behaviors, and to determine whether you are an aggressive driver:

<https://www.highwaytrafficschool.com/Aggressive-Driving.aspx>

Share your thoughts:

- What did you notice when you took this survey?
- Did it remind you of safe driving practices that you could use?



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.



TRAFFIC SAFETY Huddle



- Nobody will let me in, I'm going to force my way in.
- Ha! I'll show him!



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. What are ways to remain calm and ready?

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

OPTIONAL HANDOUT

ODC Tip Sheet

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

https://txdrivingconcern.org/wp-content/uploads/2015/10/Aggressive_Driver_Tip_Sheet.pdf

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

SUMMARY

- Daily frustrations are unavoidable—prepare to be a calm and prepared driver despite the frustrations of heavy traffic, road construction, or aggressive drivers.
- Watching this four-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/>