



Preventing Road Rage

According to the AAA Foundation for Traffic Safety, aggressive driving behaviors account for more than half of all fatal crashes. While confrontations between drivers are becoming increasingly common – you can try to steer clear of these situations by following these simple tips.

Avoid Actions that Antagonize

- Yield whenever possible. When in doubt let the other car go first.
- Don't block the passing (left) lane or obstruct the flow of traffic, even if you're going the speed limit. Allow faster traffic to pass.
- Signal every time you merge, change lanes or turn. Always make sure you have plenty of room before merging and check your blind spot before switching lanes to make sure you aren't cutting off someone.
- Use your horn only when needed to get another driver's attention to prevent an accident
- Don't tailgate. Use the two-second rule by allowing enough space between you and the vehicle ahead.
- Avoid using your high beams in high traffic areas. Don't flash your bright lights at others.
- Don't talk or text on your cell phone while driving

Avoid Confrontation

- Don't take traffic problems and other drivers' behavior as a challenge or a personal affront and don't become reactive – get out of the other person's way as quickly as possible
- Ignore gestures and refuse to return them
- Avoid eye contact with aggressive drivers as this can be seen as confrontational. Try to keep the encounter as impersonal as possible.
- Don't challenge an aggressive driver by speeding up. Avoid any kind of behavior that could fuel the other driver's rage.

Don't Engage

- If you notice another person driving aggressively stay away from the situation. Move into another lane to allow the driver plenty of space to get around you.
- Resist the urge to react. Do not confront an upset motorist and never pull off to the side of the road to settle things. Unless you have been in an accident with the vehicle, there is no reason for you to alter your driving pattern.

Call for Help

- Although Allstate does not recommend using a cell phone while driving, please use your best judgment and safely use your phone to dial 911 if you feel threatened
- If you don't have a phone and are being targeted by an aggressive driver or think you are being followed, go to the nearest police station or crowded public area. Do not drive home!
- If you are trapped in traffic or at a red light, do not open your door or roll down your window if the other driver gets out and approaches you. Keep your doors locked, call 911 and honk your horn loudly to summon help.

Remember that you can't control other drivers; you can only control your reactions to them. You are not in control of others' behavior, but you are responsible for your own. Stay alert, stay calm, drive courteously and obey the rules of the road to help avoid becoming the next road rage victim.

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