

Preventing Aggressive Driving

Use this guide to lead a discussion with employees about avoiding the dangers of aggressive driving. It can help them recognize aggressive behaviours and reduce their risk of being in a crash. Use any of the suggested key points in your talk. Ask meeting participants to share their experiences. Use the form on Page 3 to record meeting details. Consider printing this guide and giving it to drivers.

Why is this topic important?

Key points

- Aggressive drivers are more likely to create a dangerous driving situation. They often don't have the skills or aren't in the right mindset to prevent a crash
- Aggressive driving contributes to nearly 40% of all fatal crashes in BC
- Speeding contributes to 27% of fatal crashes in BC
- Work-related motor vehicle crashes are the leading cause or traumatic workplace fatalities in BC
- Drivers who can identify and react to aggressive driving can reduce the risk of being in a crash

What is aggressive driving?

Key points

Its most common forms are:

- Tailgating and not leaving enough stopping distance
- Ignoring traffic-control devices (red lights, stop signs, traffic control persons)
- Not yielding at intersections, when merging, or not allowing someone to change lanes
- Passing with it's not safe, merging too closely, passing on the right, weaving in and out of traffic

- Driving over the speed limit and/or driving too fast for the conditions

How can you drive less aggressively?

Key points

Plan before you go

- Why do we drive aggressively? Often, we don't know where we're going, or we don't leave enough time to get to our destination. Plan your route and make a realistic schedule. Be willing to adjust if your trip isn't going as planned.

Leave room on the road

- Allow at least two seconds of following distance in good weather and road conditions. In poor conditions, allow four seconds of distance.

Check your emotions

- Your driving style tends to match your mood. A bad mood tends to lead to a bad driving behaviour.

Recognize stress and defeat it

Stress changes how we think, feel, and react. If you're driving with high stress levels, you may not behave the way you want. If you find your stress levels increasing:

- Turn on some relaxing music
- Open a window
- Practice a gentle breathing technique

- Pull over for a break, water, and stretch

Set a good example

- Think about your own driving. Check how closely you follow the vehicle in front of you, and how much space you leave when you pass a vehicle. Glance at your speedometer the next time you go through a school zone. Be honest and fix any poor driving habits you notice.

How can you avoid aggressive drivers?

Key points

Be on the lookout

- Use your mirrors and peripheral vision to actively monitor the area around your vehicle. If you see aggressive driving, make a mental note of the vehicle and its position. Stay alert.

Keep your distance

- Give them space and let them go ahead. Find a safe place and adjust your lane position a little to the right, and slightly reduce your speed to encourage them to pass you.

Leave the situation

- If you feel threatened, find a safe place to pull over and let the driver get well ahead of you. While you're there, you may want to call the non-emergency police line and report the vehicle. If you regularly encounter aggressive drivers, plan a different route.

Be patient

- Remember that all drivers make mistakes. Honking your horn usually doesn't help. In fact, it can challenge and engage aggressive drivers and escalate the situation. Showing patience, courtesy, and tolerance will help build better road safety.

Tailgate meeting activities and resources

For more information visit

- Watch on-demand webinar: [Steering Toward Safer Driving Behaviours](#)
- RoadSafetyAtWork.ca
- [ICBC high-risk driving](#)

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