

CLASSIFICATION//CAVEAT

# Aggressive Driving & Reducing POV Accidents



**Author**  
**Day Month Year**

Overall classification of this briefing is CLASSIFICATION//CAVEAT.



# What is aggressive driving?

Defined as “when individuals commit a combination of moving traffic offenses so as to endanger other persons or property.”



Our Goal? To protect our most important resource – our soldier and their families – from tragedies related to POV accidents.





# Aggressive driving

Aggressive Driving is a serious threat to readiness:

- POV accidents account for 65% of the total fatalities in the Army.



Aggressive drivers KILL  
2 to 4 times more people  
than drunk drivers!!







# What causes aggressive driving?

- Traffic congestion
- Feeling endangered
- Being insulted
- Time pressure
- Fatigue
- Competitiveness
- Lapses in attention
- Frustration





**FATIGUE IS A KILLER!**



# Categories of aggressive driving

There are **3** categories of impaired emotions that are associated with aggressive driving:

- 1) Impatience & inattentiveness
- 2) Power struggle
- 3) Recklessness & road Rage





# Categories of aggressive driving

## Category 1: Impatience & Inattentiveness

- Driving through red lights
- Speeding up to yellow lights
- Rolling stops
- Not yielding
- Improper lane change or weaving
- Driving 5 to 15 mph above limit





# Categories of aggressive driving

## Category 2: Power struggle

- Blocking passing lane, refusing to move over
- Threatening or insulting by yelling, gesturing, honking repeatedly
- Tail gating
- Cutting off
- Braking suddenly to retaliate





# Categories of aggressive driving

## Category 3: Recklessness & Road Rage

- Driving Drunk
- Pointing a gun or shooting
- Assaulting with the car or battering object
- Driving at very high speeds





**Those who rage at  
home and at work  
can blow their top  
behind the wheel.**



# Rage is spreading!!!!!!

- Parking lot rage
- Sidewalk rage
- Surf rage
- Air rage
- Neighbor rage
- Shopping Mall rage
- Workplace rage
- Cafeteria rage
- Customer rage
- Desk rage





# Types of aggressive driving

- 1) Passive aggressive
- 2) Verbal
- 3) Epic





# Types aggressive driving

- 1) Passive – aggressive Road Rage is a form of passive resistance that is expressed by ignoring others or by refusing to respond appropriately.





# Types aggressive driving

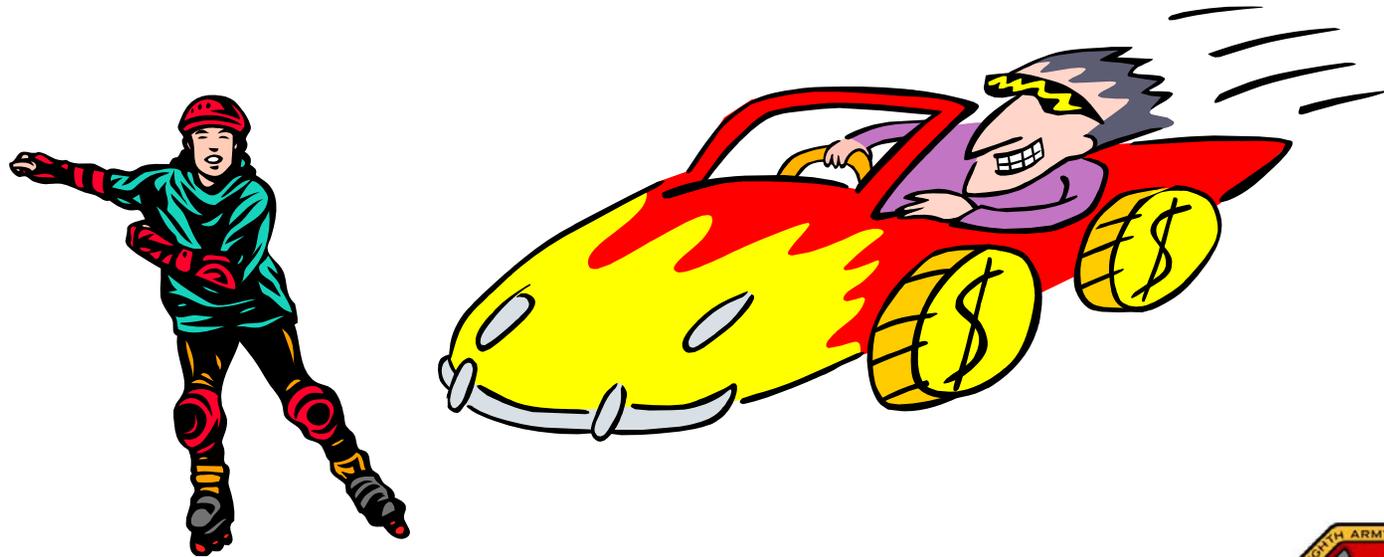
- 2) Verbal Road Rage is the habit of constantly complaining about the traffic, keeping up a stream of mental or spoken attacks against drivers, passengers, law enforcement officials, road workers, pedestrians, speed limits and road signs.





# Types aggressive driving

- 3) Epic Road Rage is the habit of fantasizing comic-book roles and extreme punitive measures against another driver.





# 3-Step Driver Self Improvement Program

- 1) Acknowledge
- 2) Witness
- 3) Modify





# A- Acknowledge

- Not in full control of emotions
- Harbor resentment against others
- Become hostile towards passengers
- Don't mind threatening pedestrians with my vehicle





# W-Witness

- Self-observation or self-monitoring
- Measurable acts by third parties or instruments.





# M-Modify

- Break into small steps or goals
- Work on one target behavior/ at a time





# Protect yourself

- Do not make obscene gestures
- Don't block the passing lane
- Do not tailgate
- Don't let the car phone distract you



**BE SMART!!**

**Aggressive Driving affects everyone.**

# For More Info:

## VISIT:

- [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)
- [www.DrDriving.org](http://www.DrDriving.org)
- [www.aggressivedriving.org](http://www.aggressivedriving.org)

## READ:

- “Road Rage & Aggressive Driving”

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