

# EMOTION

## THE PROBLEM

Recognizing how and why you react to adverse situations helps you maintain control of emotions and your vehicle. Don't let a poor attitude get in the way of a safe trip. This includes controlling reactions to other drivers' mistakes. A negative attitude can affect your ability to concentrate on safe driving.

## THE DRIVER MENTAL PREPAREDNESS

Brake failures, tire blowouts, emergency stops, and evasive maneuvers are all stressful situations. Keeping a level head during an emergency is critical to helping prevent accidents. Some emergency situations may only require stopping in the shortest possible distance. In others, where a collision cannot be avoided, it is often better to maintain a straight path and avoid making evasive maneuvers. A sudden stop or turn can result in disastrous consequences, which might be avoided by simply running over a small object on the road. These damages may be minor compared to a head-on collision or other crash. Swerving to miss a small animal may not be your best move.

Mentally rehearsing ahead of time how you might react to different scenarios could save your life and the lives of others.

### Employee Survey

- Do you take more risks when you are in a hurry?
- Do you yell or honk at other drivers that make you angry?
- Do you drive without wearing a safety belt?



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## ROAD RAGE

Most people immediately think of “road rage” when a driver is angry, aggressive, or frustrated. These drivers are extremely dangerous. They might yell, honk, or use their vehicle, other objects or weapons. These situations should not be provoked.

Whether you are the “aggressor” or “victim” of road rage, the potential for a crash is heightened.

Road rage is often caused by situational and/or personal triggers that can be classified into three categories:

- **Environmental factors:** aggressive driving habits, traffic congestion, noise, and time constraints
- **Intrusive responses:** retaliating against another's perceived careless driving
- **Territorial defensiveness:** defending one's personal space

## THE RECOMMENDATION

You can help avoid road rage by understanding your triggers. Never assume another driver's acts were intentional or directed toward you. It is more likely the individual simply made a mistake or was reacting to an unseen hazard. Focus on what you can control, not the actions of other drivers.

Consider your own safety attitude when driving.

- Begin early enough to avoid rushing
- Stay within the speed limit
- Keep a safe distance and don't tailgate
- Signal your lane changes
- Leave plenty of room for merging traffic
- Monitor your physical and emotional condition
- Relax and concentrate on driving

### It Happens

*The driver had passed the same vehicle several times. With frustration mounting, the driver passed the vehicle again but lost control while trying to change lanes quickly in front of it. The vehicle rolled several times killing the driver, two other passengers, and injuring three others.*

