



Road rage^o

Beat it

Go further



Road rage is defined as 'aggressive behavior exhibited by drivers in traffic' and is often a manifestation of stress.

Whether for work or leisure, driving can be enjoyable but at times it's stressful and demanding. Drivers need to be fit, relaxed and rested.

Safe driving requires a responsible attitude to other road users as well as a high level of concentration, observation and anticipation. The reality is, however, that everyone makes mistakes.

How we deal with mistakes, our own and our reaction to those made by other drivers, will influence our own safety and well-being and that of other road users.

Before you kick off.

Try to ensure you are in a calm, good mood before driving. It's impossible to give the road your full attention when we are emotionally upset or psychologically caught up in something else.

Plan extra time into your journey. It's almost inevitable to be delayed by traffic; you can avoid the pressure you feel if you're running late.

On the go.

Do not over-react, or respond to, another driver's mistakes or poor driving. They may not be aware of their actions. Try to avoid them, focusing on your driving and remaining within the law.

Refrain from eye contact when confronted by an irate driver as this has the potential to inflame matters.

You may accidentally anger another driver – hold up your hand as a friendly acknowledgement of your mistake – this can diffuse the situation.

An impatient driver may tailgate you – do not be 'pushed' along, intimidated or made to increase your speed. Find a safe opportunity to allow that driver to get past. Driving all around a roundabout can let a tailgater pass; it will add little time to your journey but may significantly lessen your stress.

I'm a good driver... it won't happen to me.

A survey recently revealed that more two thirds of respondents had been a victim of road rage in the past twelve months.

You may be an excellent driver. You may always drive safely and act courteously towards other road users, etc. But, sooner or later you will be faced with aggressive or simply careless drivers. How you choose to react, or more appropriately, choose not to react will determine just how good a driver you really are.



In 2012, DWF was accredited as a top tier legal firm for Transport by Chambers and Legal 500