

Distracted Driving and Road Rage

Distracted driving is any activity that diverts the driver's attention away from driving. Aggressive driving is unsafe behavior with ill intent or disregard for the safety of other drivers and property. Road Rage is a motorist's uncontrolled anger and is expressed in aggressive or violent behavior towards other drivers. These behaviors are *never* okay. One wrong move can ruin your life, so pay attention and stay safe.

Remember the R.O.A.D. Ready acronym:

Recognize the Hazards



- Anything that diverts attention from driving is distracted driving, including talking or texting on your phone, eating, or drinking.
- Texting involves three types of distractions, visual, manual, and cognitive. Texting for just 5 seconds at 55 miles-per-hour is like driving the length of a football field with your eyes closed.
- Speed kills and endangers everyone on the road, including our public safety personnel.



Observe People, Processes, and Equipment

- Are individuals driving while using a cell phone or hands-free device?
- Are people speeding, rolling through stop signs, or running red lights?
- Are vehicles changing lanes without signaling?



Assess the Risk Level

- Distracted or aggressive driving should be assessed before getting behind the wheel.
- Inadequate following distance can increase your risk of rear-end collisions.
- Excessive speed increases the degree of crash severity, which could lead to more severe injuries.



Determine the Safest Course of Action

- Know your route. Adjust your mirrors and set your navigation devices before leaving. These can be as distracting as cell phones.
- Keep your distance when following other vehicles, which gives you more time to react to what is happening in front of you.
- If you are in the left lane and someone wants to pass, move over and let them by.
- Give speeding drivers plenty of space. Speeding drivers increase the risk of accidents or loss of control of their vehicle.
- Adjust your driving accordingly. Speeding is tied to aggressive driving. If a speeding driver is tailgating you or trying to engage you in risky driving, use judgment to safely steer your vehicle out of the way.


