



DRIVE SAFE

Avoid Aggressive, Distracted, and Drowsy Driving

Most drivers have either encountered others or have found themselves involved in aggressive, distracted, or drowsy driving. Any one of these conditions significantly increases your risk of being involved in an accident. Below are some facts and information to consider if you find yourself involved in one of these hazardous activities.

AGGRESSIVE DRIVING

FACT: 78% of U.S. drivers reported engaging in one aggressive driving behavior in the past year, according to a study by the AAA Foundation for Traffic Safety.

Examples of aggressive driving:

- Tailgating
- Making angry gestures
- Blocking passing lanes
- Honking to display anger or annoyance
- Cutting off a vehicle

Tips to prevent aggressive driving:

- Not engaging an aggressive driver
- Letting an aggressive driver pass and avoiding eye contact

If you find yourself frequently initiating aggressive driving, be aware your behaviors may be linked to high stress or behavioral imbalances

DISTRACTED DRIVING

FACT: There were 3,450 fatalities in the U.S. resulting from distraction-affected crashes in 2016, according to NHTSA's National Center for Statistics and Analysis.

Examples of distracted driving:

- Reading and writing text messages
- Inputting GPS directions
- Adjusting the audio system
- Eating and drinking
- Having a conversation with a passenger in the vehicle or on the phone (both hand held or hands free)

Tips to prevent distracted driving:

- Completing phone calls, inputting data into the GPS, and adjusting audio prior to driving
- Stopping at a safe location to make phone calls
- Concentrating on your surroundings as you drive (vehicles, cyclists, pedestrians, wildlife, etc.)

DROWSY DRIVING

FACT: Drowsy driving causes approximately 72,000 car accidents per year and can be just as hazardous as driving under the influence of alcohol, according to the National Sleep Foundation.

Examples of drowsy driving:

- Frequent yawning
- Difficulty keeping your eyes open
- Focusing on thoughts other than driving
- Drifting into other lanes
- Tailgating

Tips to prevent drowsy driving:

- Resting before driving
- Making frequent stops to get out of the vehicle and move about