

Five tips to help you counter aggressive driving

Aggressive driving includes speeding, running red lights, tailgating, weaving in and out of traffic and failing to yield right of way, among other behaviours, according to [Transport Canada](#). Whether drivers are guilty of aggressive driving or have been a victim of it, consider these five tips that could help you stay safe on the road:

1. Control your behaviour on the road

- Obey traffic laws. Research has shown that excessive speed increases the risk of collisions, injury and death ([Toronto Injury Research Foundation](#), TIRF).
- Ignore curses or rude gestures.
- Watch out for, and don't make eye contact with, drivers who are driving erratically. When it is safe to do so, pull off the road and contact appropriate authorities regarding erratic drivers.
- A recent study found that 29 per cent of crashes at signalized intersections were caused by a driver violating a red light (TIRF).
- Pay it forward by letting others go first. Give drivers the benefit of the doubt.

2. Control your emotions

- Recognize that it's not personal and it's not a race.
- Get out of the way of an aggressive driver.
- Listen to soothing music.

3. Understand driving conditions before setting out

- Plan extra time to get to your destination to account for weather conditions, heavy traffic or parking lot congestion.
- Check estimated travel times and directions to help ensure an on-time arrival.
- If available, use public transportation when expecting inclement weather or heavy traffic times.

4. Choose a responsible driver

- A responsible driver is a sober driver, is considerate, and maintains his/her attention on the road at all times

5. Mind your manners in the parking lot

- Be cautious of "stealing" spots in parking lots. It's important to use the vehicle's signal before pulling into the spot.
- Park in one space and inside the lines.
- Don't stop in the middle of the road or a lot if you see a friend; safely pull over and don't block other parking spots.

Related Aggressive Driving Reading

- [Transport Canada's Road Safety and Motor Vehicle Regulation: Aggressive Driving](#)
- [Aggressive Driving](#)
- [Holiday Aggressive Driving](#)

These tips were derived from the following sources: (Transport Canada, Toronto Injury Research Foundation, the Centers for Disease Control, Yale Medical Group, District of Columbia DMV and the Washington State Patrol. They are for general informational purposes only and we make no representations about the completeness, accuracy, reliability or suitability with respect to the information contained herein.