



AMHERST POLICE DEPARTMENT

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Road Rage

With the many stressors in everyone's lives and the increase in traffic on our roadways, some drivers tend to get angry and aggressive with their driving. This is often referred to as "road rage".

According to a survey conducted by Leger Marketing in 2012, 79% of Canadians polled admitted to some type of road rage behaviour. In the same poll, 2 out of 5 people admitted to using profanity when they were cut off in traffic. Men were more likely to get angry when the other driver had cut them off. Women tended to get angry when they were running late. The most common contributing factor was observing another motorist talking on their cell phones.

The results of a survey conducted by Harris/Decima, shows Ontario, Quebec and Alberta leading the way as the road rage epicentres for Canada. 29% of Ontario residents surveyed stated that they would honk their horn if someone was driving too slow or was weaving in and out of traffic. Only 7% of Maritimers surveyed admitted that they would shout and make gestures. What could be the reason for this? Perhaps our comparatively lighter traffic and the fact that there is a greater likelihood that we will meet the same person later in the day at the local coffee shop could be a factor. Regardless of our lower road rage stats, it is the responsibility of all drivers on the road to help prevent these angry confrontations on our roadways.

Drivers should attempt to avoid escalating an incident if they find themselves a victim of a road rage driver. If you are being harassed by another motorist, drive to your local police agency or to a public area. Never lead a road rage motorist to your residence. Use the horn if necessary to call for help. Keep your doors locked and never leave your vehicle to confront another motorist. The person may have a weapon on them and may be motivated to cause physical harm to you.

You can reduce the likelihood of becoming involved in a road rage incident by following these driving tips.

- Use your signal light ahead of time to notify other drivers of lane changes.
- If someone does cut you off, allow them to merge in and back away.

- If the person behind you is tailgating, pull over and allow them to pass.
- Avoid angry gestures toward other drivers that may make the situation worse.
- If you do end up cutting someone off by accident, holding your hand up in friendly acknowledgement might diffuse the situation.
- Don't attempt to "educate" the other driver on their driving habits.
- Leave traffic enforcement to the Police.

Here are some ways you can help reduce your own anger issues.

- Plan your route ahead of time and allowing plenty of time to travel to your destinations. If you are running late and/or are in an unfamiliar area this can cause you to be distracted and drive erratically.
- Get enough sleep before getting behind a wheel. A tired driver is often more easily agitated
- Avoid using a motor vehicle as a stress reliever

We can all get caught up in "*the moment*", but road rage involves vehicles which can become powerful weapons when used to harm someone. The results of a road rage incident can be tragic and change your life and the lives of others, forever. So please, the next time you are tempted to become involved in a road rage confrontation, take a step back, calm down, and focus on the only thing that really matters to you and your loved ones "Arrive Alive"!!