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A good attitude is key to safe driving and avoiding road rage

Edmonton... Being a safe and responsible driver takes a combination of knowledge, skill and attitude. Sharing the road is necessary in order to keep traffic moving safely.

Drivers who continuously cut off other drivers, make unsafe lane changes, speed, follow too close or disobey traffic signs and signals are displaying aggressive driving behaviour. Aggressive driving is often the result of drivers taking anger or frustration with them when they get behind the wheel. These attitudes are not conducive to safe driving.

Drivers must be courteous, and at the same time must be able to see dangerous situations before they happen and respond quickly to prevent them. Follow these rules to stay safe and cool on the road:

- Don't take traffic problems or any road user's behavior personally.
- Don't make obscene gestures.
- Don't follow too close. Allow at least a two-second space between your vehicle and the car ahead. Drivers may get nervous or angry when they are followed too closely.
- Use your horn sparingly (even a polite honk can be misinterpreted).
- Avoid eye contact with an aggressive driver.
- Don't unnecessarily block the passing lane or turning lane.
- When you merge, make sure you have plenty of room and watch for traffic behind you.
- Allow room for vehicles trying to change lanes.
- Pull over when safe and allow the driver behind you to pass if you feel someone is following you too closely.

An aggressive state of mind shows in driving behaviour and affects the safety of all road users. Give angry and aggressive drivers lots of space. Remember it takes two to pick a fight; one angry driver can't do it unless another is willing to join in. Safe driving starts with a good attitude.

For information about traffic safety, visit www.saferoads.com.

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