

'Road rage' has been part of the Australian language since the 1990s. It generally describes aggressive or anti-social behaviour exhibited by drivers in traffic.

Of drivers who have been subjected to road rage, eight in 10 (82 per cent) have received rude gestures and one in seven (14 per cent) has been forced off the road (source: 2007 AAMI Crash Index)

Three per cent of drivers say another driver has physically assaulted them (source: 2007 AAMI Crash Index)

Nearly one-third (30 per cent) of drivers claim to have been followed while driving their car (source: 2007 AAMI Crash Index)

ATTITUDES

- Only one in six people (18 per cent) describes themselves as an impatient driver (source: 2007 AAMI Crash Index)
- Most drivers (87 per cent) think traffic congestion is a major cause of road aggression (source: 2007 AAMI Crash Index)
- Most people (91 per cent) believe drivers are becoming more aggressive (source: 2007 AAMI Crash Index)

BEHAVIOURS

- Two in five drivers (57 per cent) admit they have gestured rudely or yelled at another driver when they have done something they thought was dangerous or rude. Of those, 81 per cent believe that given what the other driver did, their response was justified (source: 2007 AAMI Crash Index)
- Two in five people (20 per cent) admit they have become angry with another driver and tailgated them. More than half of those drivers (56 per cent) believe their response was justified (source: 2007 AAMI Crash Index)

CONTINUED OVERLEAF



10 tips for sharing the road safely:

- 1 Drive defensively** – use your indicators to inform other road users of your intention to turn, change lanes or pull over.
- 2 Follow** the car in front of you at a safe distance.
- 3 Don't** drive when you are angry, highly stressed or upset.
- 4 If you make a mistake** while driving, acknowledge it and try to signal an apology.
- 5 Avoid the temptation** to gesture impolitely or swear at another road user – their error may not have been deliberate.
- 6 Detach yourself** and don't respond to another driver's aggression – retaliation (verbal or otherwise) may provoke or escalate the conflict dangerously.
- 7 Try to distance** your car from any threatening driver.
- 8 Drive to a safe place**, such as a police station, if you are concerned for your safety.
- 9 Consider driving** with your doors locked and never wind down your window or get out of your car to confront an angry road user.
- 10 Carry a mobile phone** in your car, and if in danger, call 000.