

## DRIVER SAFETY TIP CITY DRIVING

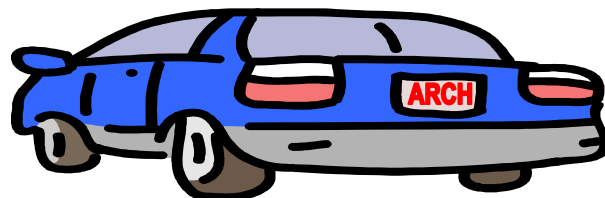
Nowhere else in your driving experience is your patience tested to the extent it is as when you are driving through a congested urban area.

You know the experience: bumper to bumper traffic, vehicles cutting in and out, and the fact that you will get every red light the city has to offer. Slowly at first, but increasingly your patience begins to wear thin. Each encroachment into “your” territory is a source of aggravation. If you find yourself in this situation trouble is just around the corner or at the next light. There appears to be a positive relationship between lack of patience and aggressive non-defensive driving.

Your challenge is to identify this change in your normal driving behavior and correct it before your impatience results in an accident. The first indication of this change is a general anger (impatience) building up. This can be followed by reducing your following distance to keep others from “cutting-in”. Rear end accidents are common in urban areas. Often you stop scanning the roadway one or two blocks ahead and focus only on the car ahead. This can result in your not identifying hazards ahead that you will need to react to.

If this is an accurate description of you and you have been fortunate enough to avoid being involved in an accident your days are numbered! What do you gain by playing this game? You might get to your destination a little sooner but once you are there what kind of condition are you in? Are you that cool, calm, collected individual you need to be to make the sale or greet your family? Probably not. It takes some time to calm down after your assault on the traffic world.

It would be much more beneficial to take city traffic in stride. Be patient with other drivers and relax. Make an effort to be courteous and give the other driver a break. Sure there are those who will take advantage, but in the long run what difference does it make? The benefit of this approach is that your blood pressure will remain level and you will arrive at your destination in a far better frame of mind.



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