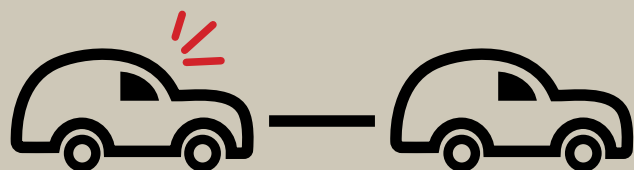


Mind the Wingspan:

## Why Tailgating occurs and How to work around it

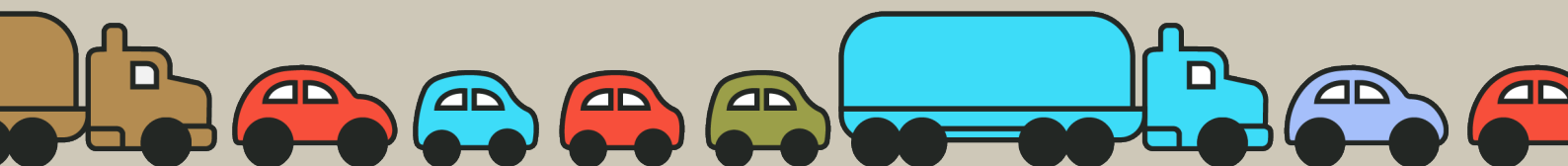
**Tailgating often results from frustration, impatience, or reactions to other drivers' behavior. In some cases, it's intentional and used as a form of aggressive driving<sup>9</sup>.**

Tailgating can also be linked to personality traits. Some people have a naturally shorter preferred following distance, which may be associated with sensation seeking<sup>11</sup>.



Social and environmental factors also play a role. One study found that headways longer than 1.7 seconds were sometimes seen as unusual or outside the social norm<sup>11</sup>, causing discomfort for some drivers.

**In heavy traffic, drivers may feel pressured to follow more closely.**



## Recommendations

### For Drivers

- **Plan Ahead to Reduce Pressure**

Tight schedules and unexpected delays can lead to stress and risky driving behaviors like tailgating. Expect congestion, allow extra time for potential roadworks, and use your GPS or traffic apps to stay informed and reroute when needed.

- **Pause Before You Drive**

Avoid driving when you're emotionally charged. Take five minutes to reset, breathe deeply, practice mindfulness, or jot down your thoughts. A calm mindset helps you drive more safely and respond better to others on the road.

- **Skip the Revenge and Keep Your Cool**

Don't take other drivers' actions personally. Stay patient in traffic and remind yourself: **Will this matter in five minutes, five hours, or five days?** Letting go helps prevent escalation and keeps everyone safer.



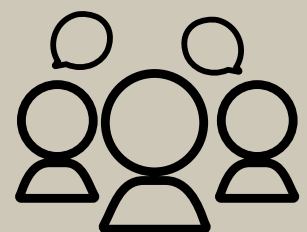
### For Managers

- **Equip Teams to Respond Calmly**

Talk through different driving scenarios with your team. Discuss safe, professional ways to respond to stress and provocation on the road.

- **Prioritise Safety Over Speed**

Make safety the bottom line. Build buffer time into schedules to allow for delays, and communicate clearly that arriving safely is more important than being early or on time.



**Safety ›  
Speed**