

## Traffic accidents

Being involved in a traffic accident is common, yet traumatic experience. A traffic accident is defined as accidental damage caused by a motor vehicle or its load. There are several reasons why traffic accidents occur, some of which include driving while tired, distracted or speeding.

Although, this list isn't exhaustive, it's a good start to see how you can prevent traffic accidents.

- One of the best ways to ensure road safety is to obey all traffic laws and speed limits. Speeding, even just a little can contribute to the cause of an accident and use speed appropriate for the weather conditions.
- Never drive while under the influence of drugs or alcohol
- Call law enforcement if you see careless or reckless driving call 911 or \*277
- If you are tired, pull over. It's better to stop when you can no longer drive than to take the chance
- Never text and drive

If an accident does happen, call 911 immediately, especially if you believe that there is someone injured or trapped in a vehicle, and do not leave the scene of an accident. By following these simple tips you can help prevent accidents. For more information for tips and techniques for safe driving visit <https://www.nhtsa.gov>.