



The Most Common Causes of Car Accidents and How To Avoid Them

Read the tips in our guide to help avoid getting involved in a road traffic accident.

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Congestion is a regular occurrence across the country and there has never been as many motorists on our roads as there are today. Because of the immense volume of traffic, our roads are deteriorating at a faster rate than previously experienced. More cars and poorer roads then result in more accidents.

So, what can drivers do to avoid getting involved in an accident? To help you become aware of what to expect and be more vigilant of potential incidents before they happen, here is our guide to the most common causes of accidents together with some tips on how you can avoid them:

Rear End Collisions

The most common type of accident you can have on the road is to have someone drive into the back of you when you have stopped your car. This often happens whilst at traffic lights or a junction, or when you are slowing down to make a turn. The result of being rear-ended can range from a slight bump, to something altogether more dangerous with your car being pushed out into oncoming traffic.

What are the causes?

The biggest cause is a lack of focus on the road. Mobile phones are often a major culprit, with drivers taking their attention off the road to send a text or check their messages. A sudden change of traffic light or need to brake can catch these drivers off guard, and they will not be able to stop in time.

How to avoid

If you are driving, you should keep your attention on the road at all times. Don't use your phone unless you have a hands-free kit, and even then you should ensure it doesn't distract you.

If you are bringing your car to a stop, first check your rear-view mirror and see if the driver behind you is paying attention. If they aren't and it's safe for you to do so, you might want to avoid braking and see if you can take another turning instead. If you cannot avoid an impact, tell your passengers to brace themselves.

You should also ensure that your brake lights are in good working order at all times.



Reversing out of a Parking Space

What are the causes?

Getting in and out of a tight car parking space can be difficult for even the most experienced drivers. You can often be so focused on moving your car into the space, ensuring you don't scrape the cars beside you, that you can lose sight of your surroundings.

The same can be the case when you are in a car park looking for a space. You might be so desperate to find somewhere that you lose sight of cars reversing out, leading to an impact.

These car park bumps and scrapes don't generally result in injuries, but they can often cause whiplash and expensive insurance claims.

How to avoid

Awareness is once again the key. When you are searching for your space, take your time and drive slowly through the car park. Don't be afraid to toot your horn to alert a driver if they are reversing.

Patience is another virtue that will help you, so if you spot someone struggling, stay back and give them time to complete their manoeuvre.

If you are reversing out of a space, you should again take your time and be sure to constantly check your surroundings. If it is a particularly tight space or you aren't feeling confident, don't be afraid to ask a passenger or someone nearby to help you reverse out of the space.