

# Top 3 Causes of Car Accidents in America

We are a nation of doers. Now more than ever, Americans are on the pursuit of, well, everything. Extreme multi-tasking is more common today than it has ever been. Between emails, text messages, phone calls and the massive shift toward relentless communication, people everywhere are rushing to get things done faster, easier and more effectively. But when it comes to driving, it's never been more important to just slow down. Your safety, your life, and the lives of others all depend on you to make the right choices behind the wheel.

Car accidents are a serious epidemic in the United States. Roughly 10 million people are involved in car accidents annually. It's also the leading cause of death for teenagers in America according to the Centers for Disease Control and Prevention. There's no denying that car accidents cause needless injury and death, and devastation every year.

## **3. Drunk Driving**

Driving under the influence is one of the most dangerous behaviors on the road today. Over 1.41 million drivers were arrested in 2010 on suspicion of driving under the influence. MADD – Mothers Against Drunk Driving – estimates that **300,000 incidents of drunk driving occur daily**. It goes without saying that drunk driving is hazardous and irresponsible. Accidents that occur by way of drunk driving are completely preventable. Do your part by always designating a sober driver well ahead of time. Prepay and arrange for your taxi ride before going out. And hide your friends' keys if you suspect they may be too intoxicated to drive.

## **2. Speeding**

Everything around us is centered on the lure of quick convenience. Drive-thrus, ATMs, and corner stores are just some examples of our need for speed. But on the roadway, speed is undoubtedly deadly. Speeding is one of the most prevalent causes of car accident today according to the U.S. Department of Transportation. **Speeding contributes to about a third of all car accidents in America**. Slow down and give yourself ample time to get where you need to go. It's not worth saving 10 minutes for the potential of losing your life or putting another person in danger.

## **1. Distracted Driving**

Distracted driving continues to be the number one leading cause of car accidents in America. Talking on the phone, texting, eating, reading, grooming, and talking are just some of the ways drivers get distracted behind the wheel. Drivers who use a hand-held device are 4 times more likely to get into a car accident than drivers that pay attention to the road ahead. **Individuals who text message while driving are 23 times more likely to get into an accident**. Do not risk your safety or your life. Put everything down and pay attention to the road ahead. It's the single most important thing you can do today to reduce your risk of getting into a car accident.

**By:** Michael Pines

As an accident and injury prevention expert in San Diego, Michael Pines is on a campaign to end senseless injury one blog at a time.

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