

# Automobile Accidents



The best way to avoid an accident is to drive defensively and always anticipate the actions and possible reactions of other drivers. Avoid making sudden and unexpected starts and stops, and be especially cautious when driving in heavy traffic. If you follow these simple rules, your chances of being injured in an auto accident will decrease significantly.

**Use Your Car's Safety Equipment Properly** - Wear seat belts at all times and make sure your headrest is properly positioned.

**Don't Tailgate** - Maintain an adequate stopping distance between you and the cars ahead and behind you. Allow a car to pass you, if necessary.

**Check Your Signals** - Be sure your tail light and directional signals work properly. Use them. Concentrate on Your Responsibility - When you are driving, don't let distractions inside or outside the car divert your attention.

**Show Courtesy to Fellow Drivers** - Courtesy while driving is contagious, and can save lives.

## What To Do If You Are Involved In An Accident

Knowing who to call along with what to do immediately after an accident protects you and your loved ones. Keep this Auto Accident Survival Guide in your car for easy access in case of an accident.

1. Move all involved vehicles off busy roads. Use extra care when moving injured passengers; call an ambulance, if necessary.
2. Exchange names, addresses, phone numbers and insurance information with all involved parties, including any witnesses.
3. Make notes of how the accident happened while it is fresh in your mind.
4. Call the police, and try to get an accident report.
5. Call your insurance company, and notify them of the accident.
6. **Call us for an immediate examination. Argyle Family Chiropractic (940) 464-2273**

Severe injuries can, and often do, result from **relatively low-impact force**. The fact is that many people do not notice symptoms of neck, back, arm or leg injuries—even severe injuries—for days or even weeks after an accident.

The longer you wait to get examined, the longer it can take to restore your health. It is important to have a physical exam immediately following any accident, even if the accident seemed minor.

Seemingly minor spinal injuries often go undetected by routine emergency medical

examinations. If left untreated, these injuries can become permanent, causing degeneration of the spine and leading to a life of constant pain.

If you have reason to believe you or someone you know may have whiplash as the result of an auto accident, immediately stabilize and protect the head so that it cannot be exposed to further injury.

For temporary relief, apply an ice pack to the area to help reduce inflammation and decrease the pain. Apply the ice pack for 15 to 20 minutes at a time, allowing at least 30 minutes between applications.

### **A Word of Caution:**

These are temporary remedies and not a substitute for immediate professional care. It is important to call to schedule an immediate appointment if you experience any head, neck or back pain following an auto accident.