**Vitality Drive tips in case of an accident**

It’s something that no one wants to experience, yet around the world there are millions of car accidents every year – from fender benders to much more serious scenarios.

If the unexpected happens, you need to be prepared. Acting quickly – and correctly – not only helps with potentially life-threatening situations, but also helps to keep others around you calm. When stress and adrenaline is running high, it’s easy to make mistakes that could make things worse – either adding hassle and taking up more of your time or costing you more money to solve the problem.

**Tip #1: Don’t panic**

In the event of an emergency, it’s important to remain as calm as possible. Make sure to take deep breaths and don’t lose your temper with anyone else involved – whether that be your fellow passengers or other road users. Anger combined with shock and adrenaline could result in unnecessary confrontations, and people can be unpredictable when in a state of panic. Take stock of what’s happening around you and keep a cool head.

**Tip #2: Always carry essential emergency kit**

Before you set off on any journey, long or short, it’s important to have essentials in your car that could keep you safe – or even save your life – in the event of an accident or breakdown. You should always have: a jacket, water, non-perishable snacks, a torch, a high-visibility vest and a warning triangle. It’s also worth carrying a blanket, first-aid kit and road atlas in case your phone runs out of battery, or you are somewhere with no signal.

*DID YOU KNOW: Vitality Drive’s sensor technology acts as an essential tool if you’re in an accident. If the sensor detects you’ve had a crash, you’ll get an alert on your phone asking to confirm whether you’re alright. If you don’t respond within a certain amount of time, we get help to your location as quickly as possible.*

**Tip #3: Check for injuries**

Even minor accidents can result in injuries like whiplash, cuts or bruises. Check yourself and your passengers thoroughly before doing anything else. If you suspect someone is hurt, call an ambulance immediately and get yourself to a safe place away from the traffic.

**Tip #4: Get to a safe place**

If you’ve been involved in a serious accident, you should stop the car as soon as possible, switch the engine off immediately and put the hazard lights on. Firstly, so you can check the condition of fellow road users, record details of the incident for insurance purposes and exchange details. In the event of an accident or breakdown where your car can still be safely driven, it’s crucial to get out of the flow of traffic and pull over in a safe place as quickly and carefully as possible. If it’s dark, it’s worth leaving your side lights on to make you more visible.

**Tip #5:** **Record every detail**

If you’re involved in an accident, you’ll need to exchange details with everyone including other drivers, passengers and witnesses.

**You should aim to get the following:**

* *Details of the incident including when it happened, road conditions and damage to your car*
* *Pictures and videos of the damage and surroundings (and remember, if you have a dashcam make sure to retrieve the footage)*
* *Details of anyone involved including passengers and witnesses: home address, email, phone number, and insurance provider*
* *Registration numbers along with make, model, year and colour of all vehicles involved*

It’s worth calling the numbers you’re given at the scene, just to make sure there are no mistakes. You should also avoid entering into any discussions about who’s to blame – leave that to your car insurance company.

So, if you’re ever unfortunate enough to experience an accident or breakdown, stick to these tips to stay safe and calm.

*For more information about Vitality’s evidence-based approach that encourages and rewards members for healthier living, visit the* [*Vitality Global website*](https://www.vitalityglobal.com/)*.*