



[Minimizing the Risks of a Car Accident](#)

[John Demas](#) on 05/12/09 at 10:02 am

Auto accidents occur all over the United States on a per-minute basis. While some crashes simply cannot be avoided, the number that fits into that category is actually rare. There is almost always someone at fault, and if you'd like to do what you can to make sure that someone isn't you someday, we'd like to present some easy-to-follow suggestions below.

1. Mental state - If you find yourself in a foul mood or angry about something as you get behind the wheel, you should do what you can to calm down before hitting the gas, as chances are that your emotions will transfer to other drivers and could lead to bad decisions that put everyone at risk.
2. Energy level - If you are exhausted, try to find a way to avoid driving. Studies show that at-fault drivers tend to have gone without enough sleep in the days leading up to the accident more often than not, so if you need to peel your eyelids to stay awake, you should look for someone else to drive.
3. Distractions - Some states, such as California, have laws in place that prevent people from talking on their cell phones without a hands-free device. The reason is obvious - the more distractions someone is dealing with, the less attention they're giving to the road. We've all seen 'that' driver who is talking on his or her phone while drinking coffee and perhaps even smoking a cigarette. Avoid conduct like this, as it sharply increases the risks for you and everyone else on the road.
4. Keep your car up to date - Americans are busy people, which means that many will delay or procrastinate when it's time to obtain the service for their cars that they need. As such, brakes are not replaced in a timely fashion, engines are not tuned and cars are on the road that shouldn't be. Make the time to make sure your car is safe.

Obviously, there are other recommendations that could correctly be made, but those mentioned above are easy to follow and will substantially reduce the risk that you'll be the reason for an auto accident. If you have been injured in a car accident by someone who wasn't exercising due care, contact the [Sacramento personal injury attorneys](#) at Demas & Rosenthal today to schedule a free initial consultation.