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Distraction is a Main Cause of Rear-End Collisions

One of the most common causes of rear-end collisions is distraction.

Common distractions are:

- Taking a drink of water
- Checking your schedule
- Turning around to talk to a passenger

These common distractions cause a driver to look away from the direction of travel, while the vehicle is moving forward. If a vehicle in front of you slows or stops, there is little you can do to avoid an impact.

To easily avoid this scenario, simply look forward or pull the vehicle to the side of the road if you need to look away.

