



What to do in a crash...



TRAUMA SERVICE
WESTMEAD HOSPITAL



Car crashes, unfortunately, are a common occurrence. Thankfully, the majority of these incidents are minor, often described as just a “prang,” where no one sustains any injuries.

However, if you do find yourself involved in a car crash, it’s important to keep a few crucial steps in mind.

Firstly, immediately stop your vehicle, switch off the engine, and activate your hazard lights. This ensures your safety and alerts other drivers to the situation.

Secondly, try to remain calm. Take your time and exercise caution when exiting your vehicle, always being mindful of surrounding traffic. Tragically, individuals have been struck by cars after an initial collision.

Thirdly, if anyone has been injured, your priority is to call emergency

services on 000. It’s vital not to move an injured person unless they are in immediate danger. If movement is absolutely necessary due to a dangerous situation, provide support to any suspected broken limbs and take extreme care to avoid twisting their back or neck. If the injured person is wearing a helmet, lift the visor but do not remove the helmet unless they are vomiting or have stopped breathing. When removing a helmet is unavoidable, ensure one person supports the head and neck while another gently lifts the helmet off from the back. When calling emergency services, be prepared to provide precise information about your location so they can reach you as quickly as possible.

Once everyone is confirmed to be safe, the next step involves exchanging necessary information with the other driver involved. This includes noting the time, date, and

exact location of the crash. You will also need to obtain the other driver’s full name and contact details, including their driver’s license number, as well as the registration number, make, and model of their vehicle. If there were any witnesses to the crash, make sure to get their names and contact information as well.

Even if you haven’t sustained any physical injuries, being involved in a car crash can be a stressful experience and may leave you feeling shaken. If your car is still safe to drive but you feel unwell or unsteady, it’s advisable to see if someone else can drive you home.

Finally, it’s crucial to contact your insurance company as soon as possible to report the incident and begin the necessary claims process.