

# FYI, Flip Flops May Cause a Staggering Amount of Car Accidents

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Clearly we want [summer to last as long as possible](#), which will probably involve wearing [flip flops](#) well into the chilly days of autumn. But one place where we should think twice about going open-toed and [backless](#)? The car. According to a recent survey from the U.K., our favorite summer footwear could be responsible for 1.4 million automobile accidents a year -- which is totally not OK.

This insane-sounding number is extrapolated out from the responses of 1,055 British motorists for a study conducted this summer by the insurance company [Sheilas' Wheels](#). When asked about their shoes' impact on driving, almost 60 percent of respondents say they often drive in footwear that's unsuitable for driving, and 20 percent continue to drive in shoes they've nearly had an accident in.

The biggest culprit? [Flip flops](#), which a third of drivers admitted to driving in in the poll. And what's more, 27 percent of people admitted that the flimsy sandals had caused a driving mishap -- and 7 percent blaming them for a near miss or an actual accident. When you consider the number of people driving in flip flops all summer long (or all year long, in warmer climates), that crazy number starts to not sound so crazy, right?

The biggest concern with flip flops is that they make it difficult to break quickly

and effectively; the [survey cites simulator studies](#) that show wearing flip flops *doubles* the amount of time it takes to move between the gas and break pedals, when compared with wedge heels. Flip flops also make overall deceleration up to .13 seconds slower -- the equivalent of driving another 11 feet while going 60 miles per hour.

One in five drivers in the poll said they'd never really thought about how their footwear could affect their driving ... but one in 10 women also admitted to driving in shoes that they'd struggled to walk in. (Other culprits included driving in heels, espadrilles and even barefoot.)

Solution? Just do what 36 percent of women (and only 12 percent of men) in the survey do: [Keep rocking those flip flops](#), but keep a spare pair of driving-friendly shoes in the car.

*Do you drive in flip flops? Have they ever gotten you in an accident? Tweet us at [@amandaemac](#) and [@SELFmagazine](#).*

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