

STAY FOCUSED. STAY SAFE.

Distracted driving kills over 3,000 people every year in the U.S.

DISTRACTIONS TO DRIVERS

CELL PHONES

Texting, calling, or scrolling takes your eyes off the road.
Put the phone down.



EATING AND DRINKING

Spilling, unwrapping food, or reaching for drinks can cause loss of control.

PERSONAL GROOMING

Applying makeup, shaving, or fixing hair means less focus on driving.



VEHICLE ADJUSTMENTS

Changing the radio, AC, or GPS while driving takes your hands and attention off the wheel.



PASSENGERS & PETS

Loud conversations, backseat distractions, or unsecured pets increase crash risks.

12:35



What can I do to prevent distracted driving?

11:23

Put Your Phone Away – Use “Do Not Disturb” mode or store it out of reach.

Plan Before You Drive – Adjust GPS, mirrors, and climate controls before hitting the road.

Take Care of Personal Needs First – Eat, groom, or text before getting in the car.

Limit Passenger Distractions – Set ground rules for a quiet, focused ride.

Pull Over If Needed – If something demands your attention, safely park before addressing it.

11:37

Thanks! I will do that each time I drive!

11:41



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