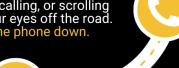
# STAY FOCUSED. STAY SAFE.

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

**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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