

The Great Multitasking Lie



MYTH versus REALITY

MYTH #1 Drivers can multitask

REALITY

The human brain **cannot do two things at the same time** – like watch tv and hold a phone conversation.



The same is true when driving and talking on your phone. The brain switches between the two tasks which **slows reaction time**.

..... **BOTH THINKING TASKS**



MYTH #2 Talking on a cell phone is just like speaking to a passenger

REALITY

Backseat drivers are good for you. **Adult passengers help the driver and alert drivers to traffic problems.**



People on the other end of phones **can't see what's going on!**

MYTH #3 Speaking hands-free is safe to use while driving

REALITY

Drivers talking on cell phones **can miss seeing up to 50% of their driving environments**, including pedestrians and red lights.



MYTH #4 I only use my phone at stop lights so it's ok

REALITY

Even at stop lights, it is important to remain an attentive driver. For example, a recent AAA study shows that people are **distracted up to 27 seconds** after they finish sending a voice text.



MYTH #5 Voice-to-text is safe to do while driving

REALITY

It is **actually still very distracting**. You're not only mentally distracted, but you're visually distracted due to the common autocorrect errors.



Get more info: distracteddriving.nsc.org

