

The Great Multitasking Lie

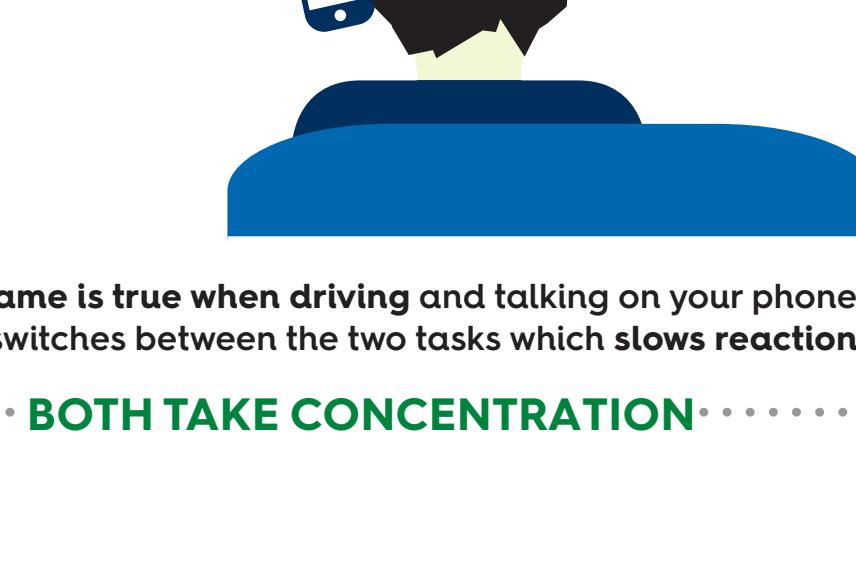


Myth versus Reality

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 TAKE CONCENTRATION



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

Reality

Adult passengers are also copilots. They can alert drivers to traffic problems and help avoid crashes.



Myth #3 Hands-free phone calls are safe 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 stoplights so it's OK

Reality

Even at stoplights, it is important to remain an attentive driver. For example, a AAA study shows that people are distracted up to 27 seconds after they send a voice text.



Myth #5 Voice-to-text is safe while driving

Reality

Voice-to-text is even more distracting than holding your phone. You're mentally distracted by composing the message and visually distracted by common autocorrect errors.



Just Drive.

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