

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.

I'm good.
How ya doing?
Great.



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.

27 SECONDS



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.

Send text to
Aunt Lisa

I miss you and
hope to see you soon
Sending text to
Amoré Pizza

Just Drive.

Get your free materials at:
nsc.org/safedrivingtoolkit