

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

Sources: National Highway Traffic Safety Administration | University Of Utah | The AAA Foundation for Traffic Safety | National Safety Council



Sources

- Governors Highway Safety Association – cell phone laws: <http://www.ghsa.org/state-laws/issues/Distracted-Driving>
- The Children's Hospital of Philadelphia Research Institute – teen driver statistics: http://www.teendriversource.org/stats/support_teens/detail/64
- Insurance Information Institute – distracted driving statistics: <http://www.iii.org/issue-update/distracted-driving>
- The Children's Hospital of Philadelphia Research Institute – texting and driving facts: http://www.teendriversource.org/more_pages/page/texting_and_driving_facts/for_parents
- National Highway Traffic Safety Association – texting while driving 55 mph: <https://www.nhtsa.gov/risky-driving/distracted-driving>