

# 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.



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