

THINK YOU'RE A MULTITASKER?

DON'T DRIVE DISTRACTED

FOR YOUR SAFETY AND THE SAFETY OF CREWS WHO OFTEN WORK
ROADSIDE, DO ONE THING AT A TIME. PUT ALL YOUR ATTENTION
ON DRIVING, AND THE REST CAN WAIT.

MYTH VERSUS FACT

Drivers can multitask

The human brain cannot do two things at once; it switches between tasks, slowing reaction time

Hands-free calling is safe

Drivers on a call can miss seeing up to 50% of what they need to, including pedestrians and red lights

Texting at red lights is OK

People are distracted up to 27 seconds after texting, often well after the light turns green

Voice-to-text is safe

Your mind is thinking of what to say, and you could be visually distracted by autocorrected errors

THAT TEXT OR CALL CAN WAIT.
GET TO WHERE YOU ARE GOING SAFELY.



SOURCES: NATIONAL SAFETY COUNCIL, AAA