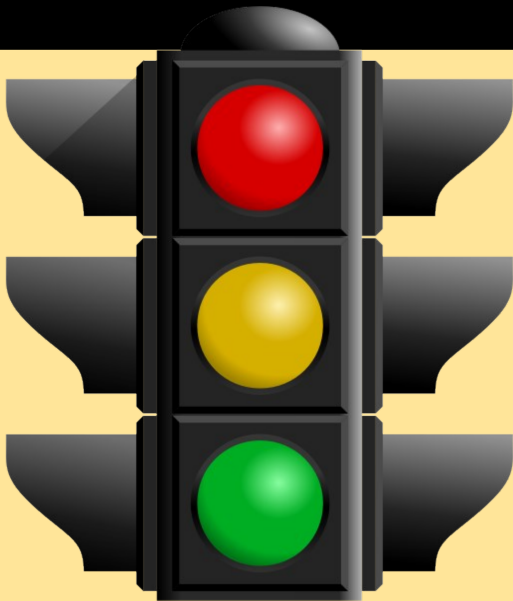


# MultiTASK? I don't think so...

New research reveals that drivers who believe they are better than average at multitasking are more likely to be *worse* than those who do not multitask.

Your brain can't process two things at once. It switches attention from one task to another.



Even texting or being distracted sitting at red lights of stop signs is dangerous. It takes several minutes for your brain to reengage and return focus on the road.

Voice to text is not safer. As with manual texting, reaction times double! These apps offer NO driving safety benefit!



**Nothing is more important than arriving home safely. Use phone and other technology only when parked.**



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Toolbox Talks are provided as a courtesy to SWPA members. Please remember they are to assist you in developing a safety plan. Keep in mind OSHA, Department of Labor and Insurance requirements may change over time and it is your responsibility to make sure your safety plan is up to date. Reference: OSHA, NSC, Texas A&M



