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## Truths about cell phone distracted driving

1. Multitasking is a myth. Our brains cannot process two mentally demanding tasks at once.
2. The area of our brain that processes moving images decreases by one-third when talking on the phone.
3. Cell phone users are four times more likely to be involved in a crash.
4. Drivers talking on cell phones miss seeing half of what's around them including red lights, stop signs and stopped traffic.
5. There is no safety benefit to hands-free use.
6. Cell phone use is more distracting than listening to the radio or talking to passengers.
7. Car crashes are the #1 cause of workplace fatalities.
8. No cell phone use – calls, texts, social media or apps – is worth a life.
9. Voice recognition features like voice-to-text, changing music and navigating are even more distracting than talking on the phone.
10. **Safety is our #1 priority.**

# Cell Phone Distracted Driving



Visit [nsc.org/safedrivingtoolkit](https://nsc.org/safedrivingtoolkit)  
for more resources.