



BUSINESS PERSONAL FINANCIAL



June 2018 Volume 25, Issue 2

# Are You a Distracted Driver? Myth vs. Fact



Thousands die every year from distracted driving. Drivers using cell phones, navigating infotainment systems or simply taking a bite out of a breakfast sandwich during a morning commute to work are posing a threat to people's safety on the roads.

When it comes to distracted driving, see if you know the difference between myth versus fact.

**Myth #1** – Drivers can multi task

**FACT:** No matter how much we believe we can talk on the phone and pay attention to the road, the human brain cannot do two things at the same time. The brain actually switches between the two tasks which slows reaction time.

**Myth #2** – Talking on a cell phone is just like speaking to a passenger in your car.

**FACT:** Adult passengers (aka backseat drivers) help the driver and alert drivers to traffic problems. People on the other end of the phone can't see what is going on.

**Myth #3** – I only use my phone at stop lights, so it's okay.

**FACT:** It is important to remain an attentive driver even at a red traffic light. A recent AAA study shows that people are distracted up to 27 seconds after they finish sending a voice text.

**Myth #4** – Voice-to-text is safe to do while driving.

**FACT:** Voice-to-text is actually very distracting. Drivers are not only mentally distracted, but they are also visually distracted due to the common auto correct errors.

**Take the Pledge**  
**I pledge to be an attentive driver.**

**@National Safety Council**  
**Nsc.org**  
**Dedicate your pledge to someone special!**

Source: National Safety Council



April is National Rebuilding Month. Darrell Diehl rolled up his sleeves and joined a crew from Hillmuth Certified Automotive to tackle some projects in Rebuilding Together in Howard County. The community appreciated the work that these volunteers provided.