Multitasking is hazardous to your health.

When you try to do two things at once, your brain is forced to shift focus.

See how the likelihood of a car accident increases while performing these common activities.

**TEXTING**

23X

Turn your phone off when you get into the car to avoid temptation.

**REACHING**

9X

Find a safe place to pull over and pick up a dropped item or something behind you.

**READING**

4X

Choose a voice activated GPS to avoid taking your eyes off the road.

**GROOMING**

3X

First arrive safely, then check your hair or makeup.

**EATING**

2X

Eat before you get into the car so you can focus on the road.

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1 Driver Distraction in Commercial Vehicle Operations, FMCSA, 2009
2 http://www.nhtsa.gov/About+NHSTA/Press+Releases/2006/100-Car+Naturalistic+Driving+Study
3 Ergonomics in Design: The Quarterly of Human Factors Applications, October 2011