

Can You Do **Two** Things at Once?

TRY reading and talking on the phone at the same time.

**You can't pay
attention to both.**

Multitasking is a myth.

NEVER drive and use your phone at the same time.

**Focus on driving and get to
your destination safely.**

JustDrive

nsc.org/justdrive



HEB111 0400 © 2020 National Safety Council

How to Set Up Your Drive

Before departing:

- Set your GPS device
- Silence your phone
- Pick a radio station or music playlist

Safety Tips

1. **Eyes:** Keep your eyes on the road.
2. **Hands:** Keep your hands on the wheel.
3. **Mind:** Focus your attention on the road.