

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



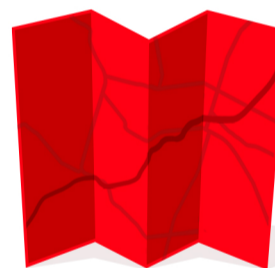
Turn your phone off when you get into the car to avoid temptation.

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.