

April 2020

The Safety Scoop

A publication of the Safety Council of Southwestern Ohio to save lives and prevent injury through education and partnerships.

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The Myth of Multitasking



Think You Can Multitask Well? Think Again.

Think you're good at doing several things at once?

Reading and listening to music? Driving and talking on the phone (hands-free, of course), or texting while sitting in a meeting?

Think again.

Research in neuroscience tells us that the brain doesn't really do tasks simultaneously, as we thought (hoped) it might. In fact, we just switch tasks quickly. Each time we move from hearing music, to writing a text, or talking to someone, there is a stop/start process that goes on in the brain.

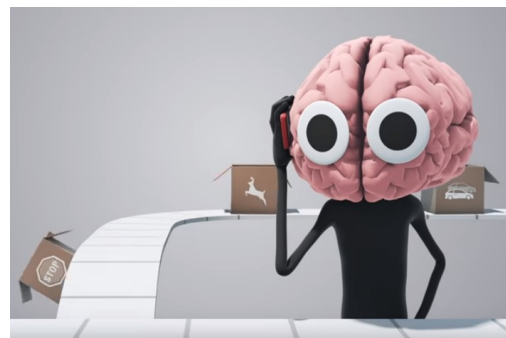
That start/stop/start process is rough on us. Rather than saving time, it costs time (even very small micro seconds). It's less efficient, we make more mistakes, and over time, it can sap our energy.

Still don't believe?

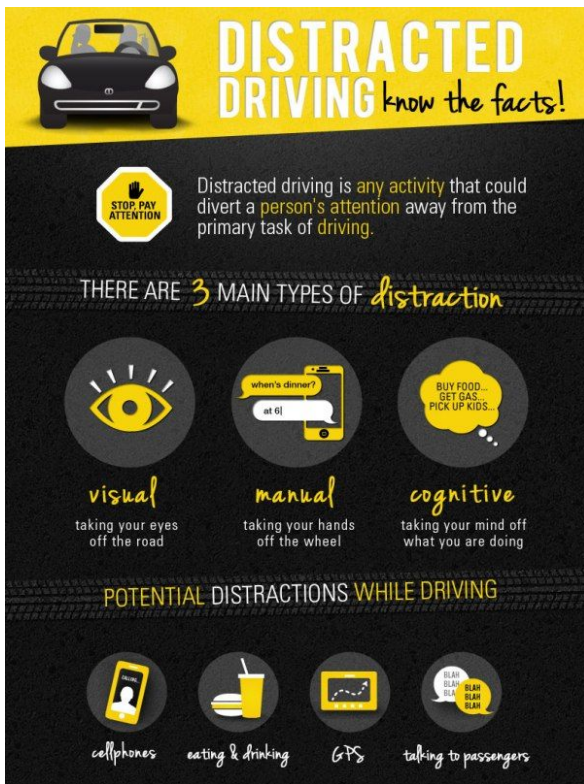
Take a small test that I learned recently in a workshop about mindfulness, delivered by the Potential Project, a group based out of Denmark. Here it is: [Article with Test](#)

April is, typically, National Distracted Driving Awareness Month

Everyone knows we're not supposed to multitask while driving, but do you know why? Refraining from texting, changing the radio, or talking to other people in the car isn't just cautionary advice from your parents and driver's ed teachers. It turns out your brain literally can't focus on too much at once. Check out this short film from TED and Toyota to learn why.



[The Distracted Mind](#)



Distracted driving is dangerous, claiming 2,841 lives in 2018 alone in the United States. Among those killed:

- * 1,730 drivers
- * 605 passengers
- * 400 pedestrians
- * 77 bicyclists.

NHTSA leads the national effort to save lives by preventing this dangerous behavior. Get the facts, get involved, and help us keep America's roads safe.

The Governors Highway Safety Association (GHSA) has provided a list of ways to reduce distractions:

10 Tips for Managing Driver Distraction



Next Monthly Occupational Safety Meeting:

Wednesday, April 22, noon
Central Connections

Topic: Annual Safety Awards

The April and May meetings have been canceled as directed by State of Ohio BWC, CDC, and state government officials in response to the Coronavirus COVID-19 outbreak. The health and safety of our members is our top priority. We will keep you advised of the status of future meetings going forward.

Monthly meetings host speakers on a wide variety of topics that will help employers reduce injuries and illness in the workplace. Network with other safety professionals and always have access to Bureau of Worker's Compensation staff. Meetings are open to members, prospective/future members, and non-members (all are welcome).

[BWC is waiving all safety education and training requirements for this policy year \(July 1, 2019 - June 30, 2020 for private employers\) for participants in multiple programs](#)

Join us for a fun, free, and family-friendly game night. Bring your friends and family for a fun, relaxing evening of classic board games, card games, checkers, Scrabble, and others.

We'll have snacks, prizes, and more! Game Night is free and open to the public, no tickets required! We look forward to seeing you there.

Games Nights are Currently Suspended

Share Your Photo(s) of your family holding game night at home with us on our Facebook Page and you might win a free board game:

[Safety Council of Southwestern Ohio FB Page](#)



Know anyone interested in hosting an event for a future date? Please contact Benedict Njoku at benedict@safetycouncilswohio.org

The Coalition for a Healthy Middletown works to provide knowledge and skills to increase the number of those parenting for prevention. All parents and guardians are encouraged to sign up and be in the KNOW.

Sign up to receive KNOW! parent tips

In the News



Driving Safely in the time of Coronavirus and Why it Matters

Being careful behind the wheel is always paramount, but during the current global public health crisis, road safety experts say it's more essential than ever. Buckling-up, observing speed limits, putting down the cell phone and not driving while under the influence are among the behaviors that can help save the lives of drivers and their passengers and reduce the impact of Covid-19.