

Multi-Tasking

Multi-tasking or attempting to perform two different tasks simultaneously is attempted every single day. The fact is, attempting to perform even two different tasks as once is impossible. We often think of talking on the phone and driving as a multi-tasking ability. In reality you are either doing one or the other, but never both as well as if you were focused on just one.

Statistics indicate multitasking related incidents, distractions contribute up to 26% of work related fatalities a year. We have all probably had to turn down the radio in heavy traffic, or ask someone to be quiet while you are trying to troubleshoot a technical problem.

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