



## Safety Message of the Day for IMEA Members



### **Distractions Created by Smartphones Even When Not in Use Safety Message**

Smartphones have completely changed the way we are able to live our lives, in many ways for the better. Their use, however, can also create hazardous situations. Smartphones are a huge distraction, from simply walking down the street and texting to taking the eyes of a driver off the road for hundreds of feet of travel at a time. While it is a well-known fact that actively using a smartphone (or a regular cellphone) distracts you from other tasks at hand, research is coming out that shows there are negative effects from just having your smartphone in the area near you.

It can be frightening to think of the negative effects technology can have on our brains. While the majority of individuals recognize the dangers of using a cellphone while completing tasks, many do not realize the impact of just having a smartphone in our presence can have on our ability to focus and problem solve. When completing tasks that require your full focus, consider putting your cellphone in a different area where it will not serve as a distraction for you.