



SAFETY ALERT

Texting and Phone use while Walking

The problem of distracted walking is a new one. Each year, more people are injured as a result of texting, talking, or listening to music while on their cell phones. And while we might laugh at the woman who falls into the fountain while texting, or the man who walks into a wall while texting, the problem of distracted walking is a very real and serious one.

The solution to distracted walking is a fairly simple one: do not use your cell phone or engage in other distracting activities while walking. Focus solely on the task at hand (which involves getting from point A to point B in one piece) and worry about checking in once you have safely arrived.

If you simply cannot wait to take that phone call or check your email, one way to avoid potential issues associated with using tech while walking is to hold your phone up higher in your visual field so that you can see any potential risks as they come. Ensure you cross the road at crosswalks or signalized intersections and obey your traffic signals.

Another solution for avoiding problems is to take frequent breaks while you are using your device and walking. Do not forget to look up every few seconds to assess your surroundings to help increase your safety. Use software that read out messages, and voice recognition typing to give commands with your voice instead of having to continually look at your screen. Adopting those practices will help mitigate dangers. Common risks associated with distracted walking include:

- Injuring someone else
- Trips
- Sprains
- Strains
- Fractures
- Cuts
- Bruises
- Broken bones
- Concussions
- Brain injuries
- Spinal cord injuries
- Death