

Over 1,100 people were treated in hospital emergency rooms in the U.S. last year for injuries suffered while walking and using a cellphone, tablet, or other device according to the Consumer Product Safety Commission.

These injuries can happen when walking near traffic, on construction sites around heavy machinery, near construction debris, walking down stairs, and in parking lots.

Keep a sharp eye out for people who are not paying attention — distracted workers are dangerous to themselves and to others working nearby.

Keep your HEAD UP and your PHONE DOWN.

Distracted walking incidents are on the rise, and everyone with a cell phone is at risk, especially if we lose focus on our surroundings.

The solution: Stop using phones while walking, and not just in crosswalks and intersections. Over half of distracted walking injuries occur in our own homes. Even familiar surroundings are potential hazards if you lose focus and become distracted.

BE AWARE AROUND TRAFFIC

Distracted attention can affect the performance of drivers and pedestrians alike. It is increasingly recognized that pedestrians, whose attention is distracted because they are talking on a mobile phone,

increase their chances of being involved in an accident.

- **Look left, look right** and then left again before crossing the street; Looking left a second time is necessary because a car can cover a lot of distance in a short amount of time
- **Make eye contact with drivers** of oncoming vehicles to make sure they see you
- Be aware of drivers even when you are in a crosswalk; vehicles have blind spots
- **Do not wear headphones while walking**
- Never use a cell phone or other electronic device while walking
- If your view is blocked, move to a place where you can see oncoming traffic
- **Never rely on a car to stop**
- Only cross at designated crosswalks
- Wear bright and/or reflective clothing
- Walk in groups

WORKPLACE CELL PHONE USAGE

Mobile phones are used everywhere—including work. Many jobs require the use of them.

Many workplaces have written safe work procedures and policies restricting or defining phone use. Be sure to discuss these procedures with your employer for use in your own workplace.