

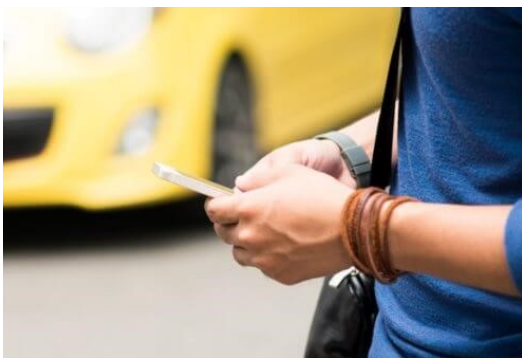


Distracted Walking

Texting while walking, shopping and parenting has become an increasingly dangerous issue. Many people can be seen walking around campus, at the mall and even on trails looking down at their phones and not paying attention to their surroundings. Here are some facts and tips to avoid this common issue.

Walking Situational Awareness

- Head up, Phone down, It can wait.
- Make eye contact with stopped drivers before crossing the street.
- Be aware of drivers while crossing a cross walk, some cannot see you through a blind spot.
- Follow the golden rule, look left, look right and look left again before crossing the street.
- If your view is blocked, move to a place you can see clearly before crossing.



Resources

¹[National Safety Council](#)

²[National Public Radio](#)

³[CDC](#)

Distracted Texting While Walking Facts

- In 2016, the number of pedestrian deaths was up by 11% (nearly 6,000 people).²
- All age groups are vulnerable to distracted walking, but most common are those age 5 to 19 years old.¹
- A leading cause of distracted walking is cell phone usage along with lack of situational awareness even in places that are frequented by individuals.¹
- Pedestrians—people who travel by foot, wheelchair, stroller, or similar means—are among the most vulnerable users of the road.³

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Don't learn safety by accident