



Distracted Walking

Distracted walking has lately become a significant safety issue, especially among people ages 40 and younger. Your situational awareness decreases when you stop paying attention to what you are doing in order to answer a phone call or check a text. This can lead to injuries, many of which happen at home as well as on the street.

Examples of Distracted Walking:

- Listening to music with headphones
- Texting
- Talking on the phone
- Reading or browsing the internet



Safety Tips:

- When wearing headphones, listen to your music at a volume quiet enough to allow you to hear the sounds of your surroundings, especially traffic.
- Maintain your situational awareness by staying alert and focused on the traffic of pedestrians, vehicles, and bicycles.
- Cross streets with caution and never jaywalk or look at your phone while crossing.
- Step away from the traffic flow to a safe area if you need to answer a phone call or check a text.

Resources

[Distracted Walking is a Significant Safety Threat](#)

[Distracted Walking Injuries](#)

[Safety Tips and Statistics](#)

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Don't learn safety by accident