

THE DANGERS OF DISTRACTED WALKING

Are You Putting Your Life at Risk?

Those who shake their heads with disapproval at distracted drivers will generally not take the idea of distracted walking very seriously. After all, if you're walking what's the worst that could happen? Learn more now.

DISTRACTED WALKING STATS



The amount of people walking and texting at the same time is up over **500%** since 2005.



70% of us admit to texting and walking, but **88%** of us say it's a bad idea.



Around **10%** of pedestrian injuries that put people in emergency rooms are due to distracted walking.



54% of adult cell phone users have run into something or someone while engaged in distracting activities.

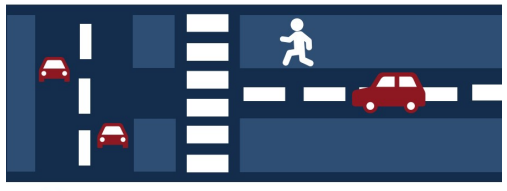


Nearly **50%** of pedestrians crossing at busy intersections do so while engaged in distracting activities.



Pedestrian deaths for older teens (ages 15 to 19), now account for **50%** of pedestrian fatalities among children 19 and younger, with distracted walking being linked to the rise.

THE DANGERS OF BEING A PEDTEXTRIAN



- If you're totally transfixed by your phone you may miss a car that's about to jump on the pavement, a hole in the footpath right in front of you, or even walk into traffic.
- Texting/being online while walking is the norm for many people, particularly the younger generation.
- So many of us assume we're safe within our little bubble on the sidewalk, but it's important to remember that there are dangers all around you.

AVOIDING DISTRACTED WALKING

BEST SOLUTION

WAIT TO CHECK YOUR PHONE

Get from A to B safely before checking your phone. You can check your phone when you've arrived at your destination.

ALTERNATIVE SOLUTIONS

If you insist on checking your phone, be sensible about the moment you choose to check.

- LOOK UP EVERY FEW SECONDS
- HOLD PHONE HIGHER
- VOICE RECOGNITION SOFTWARE



Take frequent breaks while you are using your device and make sure to keep assessing your surroundings.



Place your phone higher in your visual field so that you are better able to see any potential risks that are ahead. This will help to ensure you see crossroads and obey traffic signals.

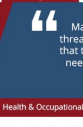


Software is now available to read messages out loud and voice recognition typing is also available. Consider getting yourself setup with these so you don't have to constantly look at your screen.

QUOTES ON DISTRACTED DRIVING



“ While talking on the phone is a distraction, texting is much more dangerous because you can't see the path in front of you.”
 Dr. Dietrich Jehle, Professor at the University of Buffalo, New York



“ Many people think walking and using your phone poses no threat, but it does for the person so consumed with their phone that they don't see the dangers surrounding them. People really need to be aware that they are impacting their safety and the safety of others by texting or talking on the phone.”



Health & Occupational Health Manager at Central Florida Health | Joe Weyker

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