

## **DISTRACTED WALKING | A Serious Risk |**

**Today, nearly everyone has a cell phone, and consequently, distracted walking has become a serious risk. Tips to limit this risk ↓**

**Avoid cell phone use while walking, especially near crosswalks – talk with your friends and loved ones about this risk as well**

**Pay special attention in busy areas, such as airports and shopping centers, and even your own house – more than half of distracted walking incidents happen at home**

**Avoid other distracted walking risks, such as listening to headphones, when walking near intersections and other busy areas**

**When driving, look carefully for pedestrians distracted by their phones – slow down and pay special attention in work & school zones**

**Step for safety: Avoid looking at or using your phone while walking. If you need to use your phone, find a safe area to stop walking and remain in place until you are finished.**

Source: NATIONAL SAFETY COUNCIL (NSC)

**LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!**

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**APRIL**

**Distracted  
Driving  
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