

# DISTRACTED WALKING



**HEADS UP! PHONES DOWN!!**

# What is distracted walking?



# Distracted walking is:

- Looking at phone while walking
- Wearing headphones
- **Anything that is keeping you from paying attention while you're walking**

# Why are headphones dangerous while walking?



91% of teens use their phones  
“almost constantly”



# Ask yourself:

- Is it really that important?
- Can it wait until later?

# Adults are distracted too!



# Drivers aren't always looking

- Every year, distracted drivers are responsible for about 2.5 million car crashes.
- It takes the brain 13 seconds to refocus after using a cell phone.
- In the United States, about 9 people are killed every day due to car crashes that involved a distracted driver.
- Over 1000 people are injured every day in crashes caused by distracted driving.



Do you know anyone who has been hurt while distracted walking?



Stop walking & step aside, or sit down  
to use your phone safely



What are good ways to talk to a friend who is looking at their phone while crossing the street?



- [play distracted walking video](#)

# AVOID GETTING HURT!

- Never walk while texting or talking on the phone
- If texting, move out of the way of others and stop on the sidewalk
- Never cross the street while using an electronic device
- Do not walk with headphones in your ears
- Be aware of your surroundings
- Always walk on the sidewalk if one is available; if you must walk on the street, face oncoming traffic
- Look left, right, then left again before crossing the street
- Cross only at crosswalks

# When you simply can't wait to take a phone call or check your texts...

- holding your phone up higher in your visual field so that you can see any potential risks as they come
- crossing at crosswalks
- obeying traffic signals
- taking frequent breaks from using your device to assess your surroundings
- using software that reads messages aloud
- using voice recognition typing
- keeping your headphone volume to a reasonable level that allows you to hear your surroundings, or keeping just one earbud in (noise-canceling headphones are a big NO when walking about).