

Take Steps to Avoid Injury While Walking



We rarely are more vulnerable than when walking in urban areas, crossing busy streets and negotiating traffic. And we all are pedestrians from time to time, so it's important to pay attention to what is going on around us.

Head Up, Phone Down

Distracted walking incidents are on the rise, and everyone with a cell phone is at risk. According to a Governors Highway Safety Association report, there were **nearly 6,000 pedestrian fatalities** in 2017. This number mirrors 2016 fatalities.

We are losing focus on our surroundings and putting our safety – and the safety of others – at risk. The solution: ***Stop using phones while walking, and not just in crosswalks and intersections. Over half of distracted walking injuries occur in our own homes, proving that we need to stay aware of our surroundings, whether they're new or familiar.***

- Look left, right and left again before crossing the street; looking left a second time is necessary because a car can cover a lot of distance in a short amount of time
- Make eye contact with drivers of oncoming vehicles to make sure they see you
- Be aware of drivers even when you're in a crosswalk; vehicles have blind spots
- Don't wear headphones while walking
- Never use a cell phone or other electronic device while walking
- If your view is blocked, move to a place where you can see oncoming traffic