

# Distracted Walking

**It is no laughing matter!**

**Slips, Trips, and Falls are the #1 cause of missed time here at the Naval Postgraduate School and many times it can be easily prevented!**



**53%**

More than half of all adult cellphone owners have been on the giving or receiving end or a distracted walking encounter

***\$50 Fine***

HEADS UP! New Jersey is considering a new law in which you could face a fine of \$50 or up to 15 days in jail if you are caught texting and walking.

***11,101 Injuries***

A report by the National Safety Council shows that distracted walking incidents involving electronic devices accounted for an estimated 11,101 injuries from 2000 through 2011. Most of those happened at home and most involved women 40 or younger.

***4,200 Deaths***

Distracted pedestrians may have been a contributing factor in the 4,200 pedestrian deaths and 70,000 injuries in traffic crashes in 2010, according to the National Highway Transportation Safety Administration.

***1,152 ER Visits***

For 2015, the Consumer Product Safety Commission reported 1,152 people found themselves in the ER for injuries related to walking and using a cell phone.

***1,016 Billion***

The number of texts that Americans sent in 2015 alone!

**Don't be a Digital Zombie!**

There are so many things that can steal our attention and lead to an injury while walking. Cell phones are by far the biggest distraction!

We have all seen videos online of people walking falling into water fountains, into traffic, and even onto subway tracks. Many of us say that that will never be us but statistically most Americans have experienced similar distracted walking incidences.

Keep the digital devices tucked away when you are walking to avoid the injury (and humiliation!) that can come from mindlessly walking into others, things, or tripping.

If it is important that you use your phone while you are walking, just move aside to allow others walk pass and stop walking while you check your emails, send texts, or whatever else you need to do!