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 of a distracted walking encounter.

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.

$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.

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 while distracted by a cell phone and falling into water fountains, into traffic, and even onto subway tracks. Many of us say that this 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 objects, others, or simply tripping over things.

If it is important that you use your phone while you are walking, just move aside to allow others to pass and stop walking while you check your emails, send texts, or whatever else you need to do!
It’s easy to become complacent in familiar settings, but you never know what dangers may be lurking. Try taking a fresh look at your surroundings on a regular basis. Recognizing existing and potential hazards and developing safe habits will help you create a safer, more productive work environment.

Hazard Recognition Checklist

☐ Check your workstation for exposed electrical cords and other tripping hazards.

☐ Shut file cabinet drawers when not in use.

☐ Open one filing cabinet drawer at a time to prevent a tip-over.

☐ Store heavy objects close to the floor and out of walkways.

☐ Store tools, equipment and materials properly to prevent falling or sharp edges from being exposed.

☐ Avoid distracted walking!

☐ Know the process for reporting hazards.

☐ Use extra caution in high traffic areas, around corners, and near doorways.

☐ Are Office furniture in good repair, especially those with wheels?

☐ Report Wet floors that are not properly marked to the Safety office.

☐ Check for tiles or flooring that is becoming unstuck or curling in your area.

Readiness Through Safety!
Ladder Safety
As simple as it may seem to use a ladder, many disabling injuries occur each year due to improper use of ladders. Knowing the “Do’s” and “Don’ts” can help you avoid becoming another victim of falling from a ladder.

Ladder Safety Checklist

☐ Make sure the ladder is suited for the type of job you plan to do.
☐ Inspect the ladder for cracks or broken joints.
☐ Look overhead before placing a ladder, with special attention to power lines and other electrical hazards.
☐ Only place the ladder on a stable, even, flat surface and NEVER place it on top of another object.
☐ Clear any clutter away from the area around the base of the ladder.
☐ Setup ladders away from doors. If necessary, block off the door and post warning signs.
☐ If you are working close to a corner, put a sign to warn people of your presence.
☐ Do not carry heavy objects up the ladder. Use a bucket or other means to lift objects to the work area.
☐ Maintain three points of contact with the ladder at all times.
☐ Never allow more than one person on the ladder at a time.
☐ Always climb the ladder facing the rungs.

Readiness Through Safety!