

# Are YOU A Distracted Walker?

Walking and Texting?

Walking and Talking on the Phone?

Walking and listening to Music?

Walking is a great form of exercise and way to get around, but there are steps you can take to be safe while walking...

- Headphones should not be worn while crossing streets, driveways, parking lots. Hearing and sight are needed to look for vehicles.
- If you need to use a cell phone, during the walk to and from school, make sure to stop walking and find a safe area to talk.
- On a call and need to cross the street? Ask them to wait a minute for you to cross; it only takes a minute to cross safely.
- Cross streets at corners, using traffic signals and crosswalks. Most injuries happen mid-block or someplace other than intersections. It may take you a minute out of your way and not be the exact area you are looking to get to but still a much safer choice!
- It's always best to walk on sidewalks or paths. If there are no sidewalks, walk facing traffic, as far to the left as possible.
- Look left, right, and then left again when crossing the street. NEVER run or dart out into the street as drivers cannot stop vehicles fast enough.
- Never cross between parked cars or around buildings and bushes as drivers cannot see you and do not anticipate that is where a person may be.
- Make eye contact with drivers before crossing in front of them and watch out for cars that are turning or backing up.
- Crossing a double line at a crosswalk without a stop signal? Stop at the edge of the first car and make sure the second vehicle sees you and intends to stop.

\*Information compiled by Carolinas Center for Injury Prevention and Safe Kids Charlotte Mecklenburg

One in five high school students crossed the street while distracted. Texting was the most common distraction.

Girls were more likely to walk while distracted



39%



39%



20%



2%



17%



14%