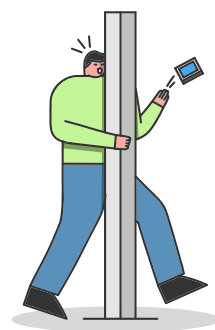


# Safe Walking

At some point in the day, everyone is a pedestrian. A pedestrian is a person on foot or using a conveyance propelled by human power (skates, skateboard) other than a bicycle. People walk for many different reasons, including relaxation, exercise, and the benefits of walking extend beyond personal and physical to environmental benefits that can lead to healthier, quieter, and safer streets.

Read the information below about the three types of distractions and what you can do to protect yourself while walking.



## MENTAL DISTRACTIONS

Mental distractions can be anything that diverts your mental focus away from walking. Daydreaming, conversing with a co-worker, and talking on the phone while you walk are distractions that could cause you to slip, trip and fall.

## SAFETY TIPS

- Avoid distract walking.
- Try to put personal or work matters out of your mind before walking away.
- Stop to have conversations.
- If you need to take a call, stop and then take a call.

## VISUAL DISTRACTIONS

Visual distractions can be anything that takes your visual attention away from walking, for example, looking at a beautiful sky and ; inadvertently tripping over uneven concrete.

## SAFETY TIPS

- Stop walking, then turn your attention to whatever you wanted to look at.
- If possible, keep your phone out of sight to curb the temptation of checking when notifications arrive.

## MANUAL DISTRACTIONS

Manual distractions can be any physical act you perform while walking. This can include texting on your phone, reading a report, and not watching where you are walking.

## SAFETY TIPS

- Focus on waking.
- If you happen to get a text while you're crossing the street, don't check it until you've safely crossed to the other side.
- Stop walking, then respond to a text or read a report.

