

# SAFETY CORNER

## Walking and Texting — A Dangerous Mix

**So you think you can walk and text?** Most people do, but it's a dangerous mix. For instance, a 2013 Ohio State University study showed that the number of smartphone-related pedestrian injuries treated in emergency rooms more than doubled between 2005 and 2010. More recently, Honolulu passed a distracted-walking law making it illegal for people to look at their cell phones while in a crosswalk. It's the first major city to pass such a law. Here's what you can do to avoid injury:



**Think ahead.** Prepare a playlist if you want to listen to music while you walk, and make sure the volume is low enough so you can hear your surroundings.

**Stop walking.** Only text when you are standing still. **Caution:** Don't stop suddenly while walking in a crowd. Stand off to the side of pedestrian traffic while texting.

**Pay attention.** Stop texting, sending emails or changing music selections while you are walking. And, never cross the street while texting. **Bottom line:** Don't text while moving.