

CELL PHONE SAFETY AWARENESS

The estimated 6 billion text messages sent every day in the US alone, has increased the number of serious and fatal injuries because of one factor—distraction. Cell phone distraction while driving is in the news daily. However, many serious accidents are caused by using a hand-held device while *walking*. These include:

- Getting struck by vehicles in parking lots or while crossing streets
- Walking into stationary objects
- Tripping over curbs, steps, or other objects

Take time for these simple precautions and consider the following questions while using your phone or other hand-held device:

STEP ASIDE AND STOP TO TALK OR TEXT

- Is this conversation or message so important it cannot wait?

NEVER WALK WHILE DIALING OR TEXTING

- Can I see where I am walking while focused on the keypad?

USE A HANDS-FREE DEVICE IF YOU CHOOSE TO WALK AND TALK

- How well can I balance myself with my arm to my ear?

DON'T BE THIS PERSON!

