Distracted While Walking – Picture This



What’s wrong in this picture?

There is a worker walking and using his cellphone without paying attention to what is around him. He can be seriously injured by a forklift which is in operation. Injuries from “distracted walking” have more than doubled since 2004, and surveys have shown that 60 percent of pedestrians are distracted by other activities while walking as well.

Distracted walking is resulting in people falling down stairs, tripping over curbs, and stepping into traffic, causing cuts, bruises, sprains, and fractures. Walking while distracted can also cause you to miss potential hazards like ice, snow or a change in the walking surface, putting you at risk for a fall.

Encourage your employees to watch each other’s backs. When employees see coworkers being distracted by cell phones, stress or other factors, encourage them to help each other get back on track and focused. Showing you care is often a very effective safety measure.