

# How To Avoid Distracted Walking



Distracted walking — pedestrians talking on the phone, texting, listening to music, or engaging deeply in conversation with the person next to them — can lead to serious injury and even death. Follow these important safety tips to stay safe while walking:

- If you must wear headphones or earbuds, keep the volume low so you can still hear your surroundings — including approaching vehicles.
- Look up, not down, especially around curbs, stairs, escalators, and intersections, and in parking lots.



- Don't jaywalk. Cross the street only at crosswalks, STOP signs, or traffic lights (when you see the "walk" sign).
- If you need to make a phone call or send a text, stop walking and step out of the flow of traffic.

Learn more at [OrthoInfo.org](https://www.orthoinfo.org)

