

Walk **NEBRASKA**

Walking and Texting Hazards

We as a society have developed the need to be in constant contact, and using electronic devices to text others appears to be on the rise. However, while texting, we may lose touch with what is going on around us.



According to emergency room physicians, there is a rise in injuries and death due to texting and walking. Walkers are going to emergency rooms with injuries of the face, chin, mouth and eye which were caused by not paying attention to where they were going while texting. Reports include people texting and walking into bikers, rollerbladers, and cars causing accidents, which occasionally have resulted in death.

Some basic safety measures that can be followed to help prevent injuries and accidents include:

- Not texting or using a cell phone while participating in exercise or physical activities such as walking, running, rollerblading, etc.
- Using caution when wearing a headset which distracts from hearing what is going on around you while in traffic or other activities.
- Carrying cell phones for emergency use only.
- Ignoring calls and messages until the activity is completed or, taking time to stop the activity in order to concentrate on the call and/or message before resuming again.
- Avoid using electronic devices for your personal safety when sitting alone waiting for a bus or someone to pick you up, or in a crowded area where one would be vulnerable to theft or harm.



After targeting drivers who paid more attention to their phone calls and text messages than the road, lawmakers in Arkansas and New York are now looking to crack down on pedestrians equally distracted by their own electronic gadgets. Lawmakers in both states have proposed restrictions on using cell phones and music players such as iPods by people running and walking on the street or sidewalk. The apparent message: distracted pedestrians are dangerous.

The bottom line is walking is a great way to keep fit, relieve stress, and enjoy getting out. Leaving the cell phone in the pocket or holster will help avoid potential falls, collisions, or any other forms of harm. Keep walking and concentrate on what is happening around you.

Sources: www.emergencycareforyou.org, www.umassmed.edu, http://www.newsnet5.com/dpp/news/local_news/walking-and-texting-ban

For more information contact Pat Jones,
Extension Educator at pjones4@unl.edu

Know how. Know now.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.