



Heads up!

October Safety Bulletin

Keep your heads up and don't text and walk.

Slips, trips and falls are preventable by keeping your head up and watching where you are going.

Common risks associated with distracted walking include:

- Injuring someone else, trips, sprains, strains, fractures, cuts, bruises, broken bones and concussions.
- Distracted driving is a well-established problem, so much so that many states currently have bans in place when it comes to using technology while driving.
- The problem of distracted walking is relatively new. Each year, more and more people are injured as a result of texting, talking or listening to music while on their cellphones. And while we might chuckle at someone falling into a fountain or walking into a wall while texting, distracted walking is a very real and serious problem.

Remember: It can wait! If it can't wait – stop walking, finish the text, email, etc., and then continue on. Injuring yourself or others is not worth it.

Have safety concerns or another idea for a future safety bulletin? Email Safety@PrismaHealth.org.