



# Weekly Safety Tip

## What About Distracted Walking?



### What About Distracted Walking?



*What are the consequences of pedestrians talking on the phone, texting, listening?*



Distracted driving can cause crashes, injuries, and even death; it's a prevalent public issue; but today, more and more people are falling down stairs, tripping over curbs and other streetscapes and, in many instances, stepping into traffic, causing cuts, bruises, sprains, and fractures. As a result:

- the number of injuries to pedestrians using their phones has more than doubled since 2004,
- and surveys have shown that 60% of pedestrians are distracted by other activities while walking.

Back in 2009, the **American Academy of Orthopaedic Surgeons (AAOS)** launched the "**Decide to Drive**" campaign to educate children, teens and adults about the dangers of distracted driving.

More recently, AAOS expanded its injury-prevention efforts to include the "**Digital Deadwalkers**" radio & television public service announcements (PSAs) that highlighted what can happen when pedestrians focus on anything or anyone other than the task of safely getting where they need to go.

#### **AAOS Study on the Perceptions and Behaviors Associated with Distracted Walking**

To learn more about the perceptions and behaviors associated with distracted walking, AAOS commissioned a [Distracted Walking Study](#) in 2015. The study involved 2,000 respondents nationally, and another 500 respondents in each of the following eight cities: New York, Los Angeles, Chicago, Philadelphia, Houston, Phoenix, Atlanta and Seattle.

First, while 78% of U.S. adults believe that distracted walking is a "serious" issue; three-quarters of Americans say it's "other people" who walk distracted.

Only 29% of respondents admit that they, personally, have an issue.

And the sense of "**it's not me, it's you**" cuts across a range of distracted walking behaviors:

- 90% say they see walkers talking on the phone (and 37% admit doing so themselves)
- 88% engaging in conversation (vs. 75% themselves)
- 88% listening to music (vs. 34% themselves)
- 85% using a smartphone (vs. 28% themselves)
- 64% generally "zoning out" (vs. 38% themselves)

# **Weekly Safety Share**



**Office Security for Safety from  
Workplace Violence**

Employees across America shaken by deadly office attack.

***To Stay Safe: Know EMERGENCY EXITS and RUN – HIDE – FIGHT***



[CEO urges companies to prioritize safety: 'Know your exits, care for your people'](#)

Patrick Timlin, the Chief Executive Officer at SilverSEAL Corporation, urged companies to adopt proactive safety strategies following the recent NYC attack.

(Hyperlink above should take you to his 5 & ½ minute video that I would highly recommend you show at an employee meeting via a computer connected to a TV)

When a gunman opened fire at 345 Park Avenue, panic spilled out of the Manhattan skyscraper, reaching many Americans working far from the glass towers of corporate New York.

**Patrick Timlin, CEO of SilverSEAL Corporation** and a veteran of both law enforcement and private security, told Fox News Digital that security "is not just for skyscrapers, but for the town hall in a small county, a school, or a mom-and-pop grocery store."

Timlin wants everyday professionals, from software engineers in suburban office parks to receptionists in distribution centers, to realize that the most effective defense starts with simplicity, consistency, and awareness.

"Stress-free, not fear-based," he said. "You empower people when you train them."

For Timlin, the most effective workplace security measures don't come from fear-driven protocols or flashy gadgets.

"It's not about paranoia," he says. "It's about awareness."

**One of the most overlooked safety gaps is employees not knowing their own office layout.**



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