

Employee Safety Alert

Heads Up, Phones Down

Cellphones and mobile devices are part of our everyday lives, we all use them, we rely on them, some are lost without them. Recent studies have shown that 1 in 3 people are distracted while crossing the street, the culprit, texting and cell phone use. Distracted walking is already hard, now lets add carrying your skis or board, snow, ice, awkward boots and varying terrain.

Below are some tips for staying safe while walking:

- Put your cellphone in your pocket and not in your hand. You will be less tempted to use it if it is out of sight
- Never walk while texting or talking on the phone
- If you must answer a call or text, **STOP** and move out of the way of others on the sidewalk
- Never cross the street while using an electronic device
- Do not walk with headphones in your ears
- Be aware of your surroundings
- Always walk on the sidewalk if one is available; if you must walk on the street, face oncoming traffic
- Look left, right, then left again before crossing the street
- Cross only at crosswalks



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