

# Texting and walking can be dangerous to your health!



U.S. accidents between 2004 and 2010 involving phone-distracted pedestrians.








Over the past few years, serious pedestrian incidents have occurred at Stanford Campus crosswalks, stairways, and walkways.



Campus traffic and construction activities continue to increase.

## Walking Safety “Steps”:

-  **BE AWARE** of your surroundings
-  **STOP** if you need to use the phone
-  **AVOID** headphone use while walking, especially in high-traffic areas
-  **LOOK** both ways for oncoming car/bicycle traffic
-  **USE** stair handrails (indoor/outdoor, busses)