

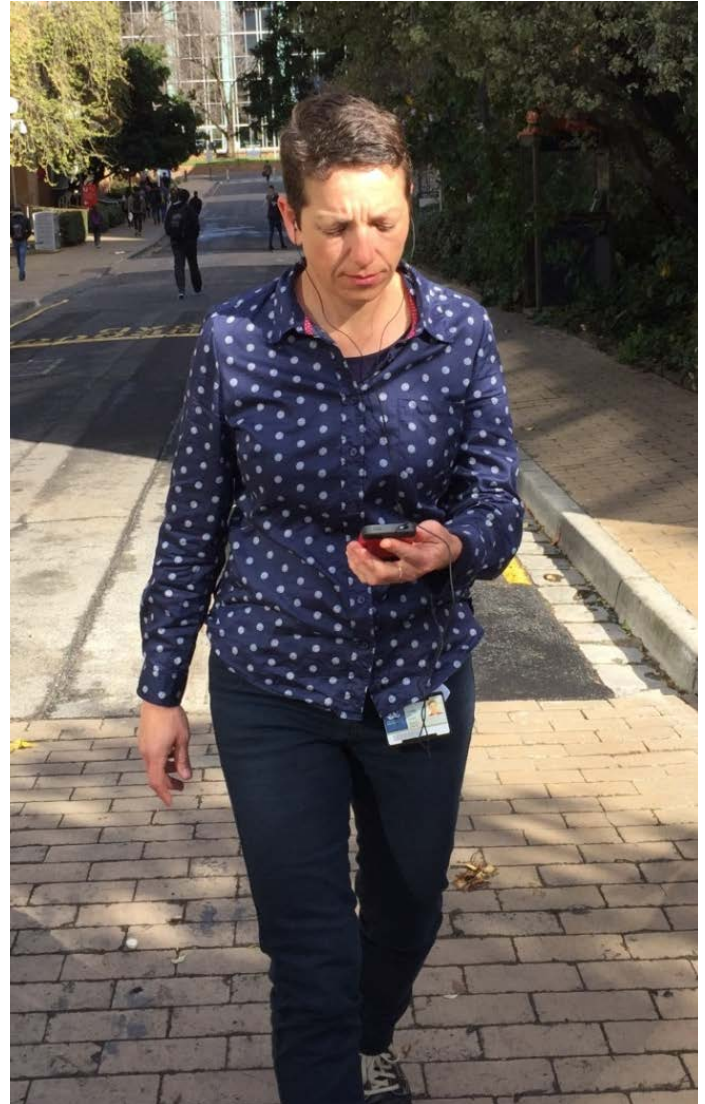
Research shows that being distracted whilst walking can lead to an increased risk of incident or injury. Using a mobile device, such as a phone whilst walking, increases a pedestrian's level of distraction and therefore also increases the risk of incident.

Using a mobile device whilst walking may also take your eyes away from where you are going. For example:

- texting or reading text messages
- sending or reading emails
- browsing the internet
- looking for music/songs

Over the past few years there have been incidents at the University that have been attributed to using a mobile phone whilst walking. These include:

- being hit when walking into an on-coming bicycle, resulting in bruises and lacerations for both the pedestrian and the rider
- walking into a closed door, resulting in loss of consciousness



When you are wearing headphones and looking at your phone the risk increases further.

### THE FINAL WORD

If you need to use your phone whilst walking, then stop first.

If you are listening to music whilst walking, then turn the volume down so you can hear what's going on around you.