

# What Are the Dangers of Distracted Walking? A Quick Guide.



Injuries can occur anywhere and anytime. You can even get injured while walking. Yes, you've read that right, injuries are likely while walking, especially with distracted walking. Confused? Don't be. In this post, we will see what the dangers of distracted walking are.

We all have heard about the dangers of distracted driving but you might not have heard of the dangers of distracted walking. This is what we will be discussing in the post.

It is not new as in 2015, AAOS commissioned a distracted walking study. People believe that it is a serious issue. In severe cases, one may end up breaking a bone which may need surgery for treatment. [Orthopedic Instruments](#) and implants may also be required during surgery. Let us have a detailed look at it.

## **Distracted Walking – What Are the Dangers?**

There are different types of distractions while walking. You may be texting your friend while walking and who knows you may end up in an accident. The phone is one of the most common distractions in walking. Every 8 out of 10 people have a phone in hand while walking scrolling social media feeds, checking out emails, or texting someone. This distracts the mind and the person forgets to check the surroundings. The result of this accident. It may be a car/bike accident, slipping over something, or collision with someone. In some cases, the injury that occurs is severe.

The hazards of distracted walking may include neck injuries, broken bones, head trauma, or even concussion. Several cases have also been reported of death because of distracted walking. Common injuries may include sprained ankles because of twisting or stepping a foot awkwardly. Besides this, knee injuries may also be on the cards.

Now, it is also important to know that distracted walking not only injures pedestrians but others as well. Walking while using a phone, you may bump into someone else and end up hurting them. Colliding with others may cause injury to both.

## **How to Avoid Distracted Walking?**

The simplest and easiest way to avoid injuries caused by distracted walking is to stop checking your phone while moving around. However, there is no harm in checking your phone when something is important but you need to step out of the way of other pedestrians. This will not only save you from getting injured but also others.

Another important point to be noticed to avoid distracted walking is to avoid using your phone while crossing the road. Your phone calls and messages can wait for a bit but, if you ignore this, complications could be severe.

The best way to prevent injuries caused by phone distractions while walking is to keep notifications silent. Check your phone when you are in a safe place. This is because we have the habit of checking the phone as soon as it beeps, irrespective of the place we are at. Hence, keeping notifications silent will minimize the risk of distracted walking.

To get an international standard quality range of orthopedic devices, contact Siora Surgicals Pvt. Ltd., a renowned orthopedic device manufacturer in India. The company is also an exhibitor at the [FIME Exhibition](#). In 2023, it will be exhibiting at booth G41.

### **Contact Information**

**Siora Surgicals Pvt. Ltd.**

**Address:** WZ- 1, 2nd Floor, Phool Bagh, RamPura New Delhi, India

**Mobile:** +(91)-9810021264

**Email:** [online@siora.net](mailto:online@siora.net)

**Source:-**

<https://orthopedic-implants-manufacturer.sitelio.me/blog/post/2219430/what-are-the-dangers-of-distracted-walking-a-quick-guide>