

Avoid a fall and possible injuries on ice and snow

Do the Penguin Walk!

- Bend slightly and walk flat footed
- Point your feet out slightly, like a penguin
- Keep your center of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y
- Use caution exiting your car
- Wear proper shoes

