

# Winter safety: walk like a penguin!

Facing an icy surface can be a paralyzing experience. When icy conditions are in your path, you should walk like a penguin to increase your stability and help you move safely!



**1** Spread your feet about a foot apart.



**2** Keep your knees loose with a slight bend.



**3** Walk flat footed, and take short steps.



**4** Wear footwear that provides traction.

It's always better to avoid tricky situations by being prepared and planning a safe route for your walk.



**5** Use your arms for balance.



**6** Carry only what you can.