

winter lessons:

HOW TO WALK ON ICE

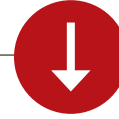


WRONG WAY



During normal walking, body weight is supported through the stride, including the heel strike and toe push off. Walking this way on ice is dangerous and could result in slipping and falling.

RIGHT WAY



To walk on ice: Bend slightly and spread your feet out to lower and increase your center of gravity, take small steps or shuffle, lean forward slightly, and go slowly. In short, walk like a penguin.

WINTER WALKING TIPS



In cold temperatures, assume all wet areas are icy

- 2 Wear footwear that provides traction*
- 3 Walk in designated walkways; ice and snow may be more prevalent on unused shortcuts*
- 4 Keep your hands and arms free to help with balance*
- 5 Concentrate on walking, don't multi-task*