

# Be SAFE on ICE

## Walk Like a Penguin in Winter



**Point your feet out slightly like a penguin!** Spreading your feet out slightly while walking on ice increases your center of gravity. Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible. Extend your arms out to your sides to maintain balance.

**Keep your hands out of your pockets.** Hands in your pockets while walking decreases your center of gravity and balance. You can help break your fall with your hands free if you do start to slip.

Watch where you are stepping and ***GO S-L-O-W-L-Y !***

**Take short steps** or shuffle for stability. Wear a heavy, bulky coat that will cushion you if you should fall.

Avoid landing on your knees, wrists, or spine. Try to fall on a fleshy part of your body, such as your side.

Try to relax your muscles if you fall. You'll injure yourself less if you are relaxed.

