

# Stay safe this winter, WALK LIKE A PENGUIN.

## Falls are the third leading cause of unintentional injury deaths.

### Keep the following safety tips in mind:

- Walk Like a Penguin: Point your feet out slightly and shuffle. Spreading your feet out slightly improves your stability. Bend slightly and walk flat-footed with your center of gravity directly over your feet as much as possible. Keep your hands out of your pockets and extend your arms out to your sides to maintain balance. Keep the weight of whatever you are carrying distributed evenly to provide better balance.
- Wear shoes or boots that provide traction on snow and ice. Neoprene and non-slip rubber are best.
- Avoid shoes with smooth soles and heels. Various products are available that can be strapped onto your shoes to provide better traction.
- Use caution when entering/exiting your vehicle as the ground may be slick.
- Walk S-L-O-W-L-Y. Plan extra time so you are not rushing. Shorten your stride. Overly long strides affect both traction and your center of gravity.
- Use designated walkways as much as possible and avoid shortcuts.
- When using steps, always use handrails.
- If you take all precautions and still slip and fall backwards, you can take steps to lessen the chance of injury. Tuck your chin to avoid hitting the back of your head on a hard surface. Don't tense your muscles.



These tips are brought to you by the Center of Disease Control and Prevention.