Tread Safely This Winter!

**Preparation:**
- Plan ahead giving yourself enough time. Slow down, don’t rush.
- Wear appropriate footwear that provides traction. Need additional traction, devices are available that can be worn over your shoes outside.
- Limit what you carry to provide better balance

**Action:**
- Use designated walkways and avoid taking shortcuts. Keep eyes on path.
- When walking on steps, use the hand railing and plant feet firmly on each step.
- When getting out of a vehicle or stepping off curbs, step down not out.

**Walk Like a Penguin:**
- Point arms down at an angle and feet outward.
- Keep knees slightly bent
- Take slow short steps or shuffle to increase traction

**Remember:** Ice and snow take it slow and walk like a penguin