

# How to Avoid Falling on Ice



**You can minimize your risk of falling on the ice by walking much like how a penguin walks:**

- Keep your arms out by your side to help you balance
- Keep your knees slightly bent
- Keep your weight forward and take short shuffling steps

**Other tips when walking around this winter include:**



**Wear footwear that provides traction**



**Step down, not out from curbs**



**Walk on snow or grass if possible**



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