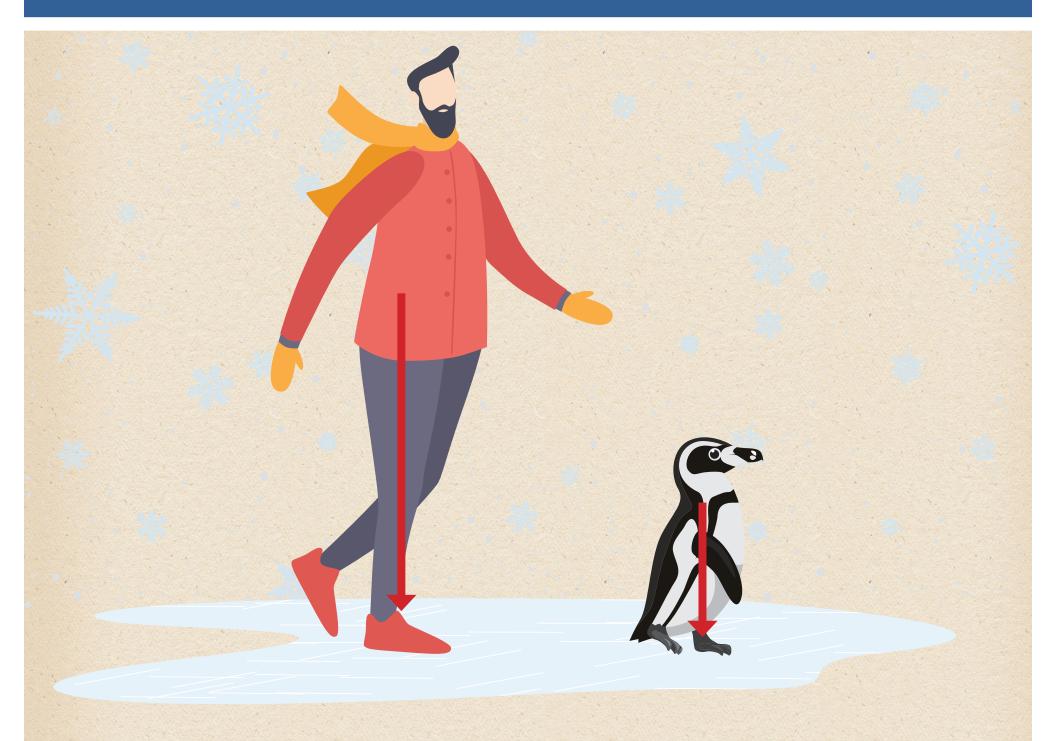
How to Avoid Falling on Ice



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





