

WINTER LESSONS: HOW TO WALK ON ICE



WRONG WAY

During normal walking, body weight is supported through the stride, including the heel strike and toe push off. Walking this way on ice is dangerous and could result in slipping and falling.



RIGHT WAY

To walk on ice: Bend slightly and spread your feet out to lower and increase your center of gravity, take small steps or shuffle, lean forward slightly and go slowly. In short, walk like a penguin.

WINTER WALKING TIPS

1. In cold temperatures, assume all wet areas are icy.
2. Wear footwear that provides traction.
3. Walk in designated walkways; ice and snow may be more prevalent on unused shortcuts.
4. Keep your hands and arms free to help with balance.
5. Concentrate on walking; don't multi-task.
6. Move slowly, tilt forward, walk flat-footed (with feet pointing outward) and extend arms slightly away from body to maintain balance.