

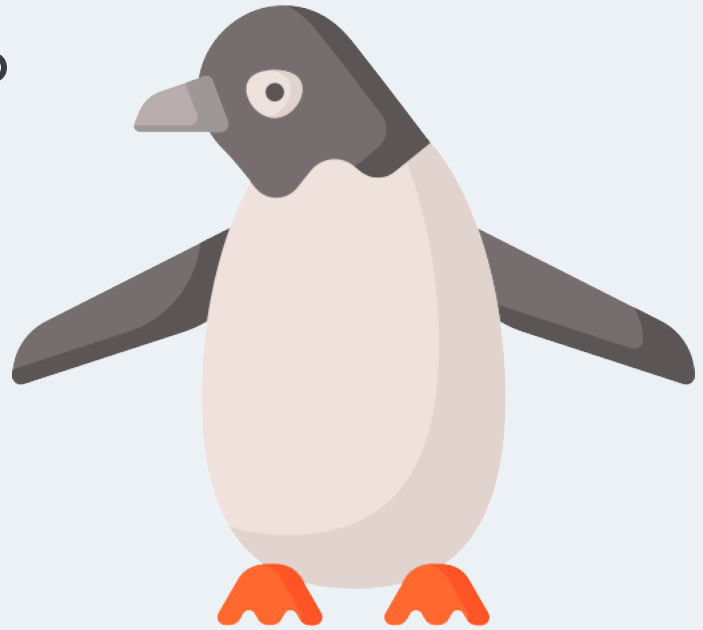
SAFE WALKING IN WINTER



On icy paths it is easy to slip and fall

Moving like a penguin can help to avoid falls on slippery surfaces

It might look strange- but it will stabilise the body!



- Point out your feet and slightly bend your knees
- Use your arms for balance
- Take short steps and shuffle your feet slowly
- Wear safety shoes for extra grip
- Keep your hands free and use handrails grips and handles where possible
- Avoid shortcuts that may not have been cleared from ice or snow.