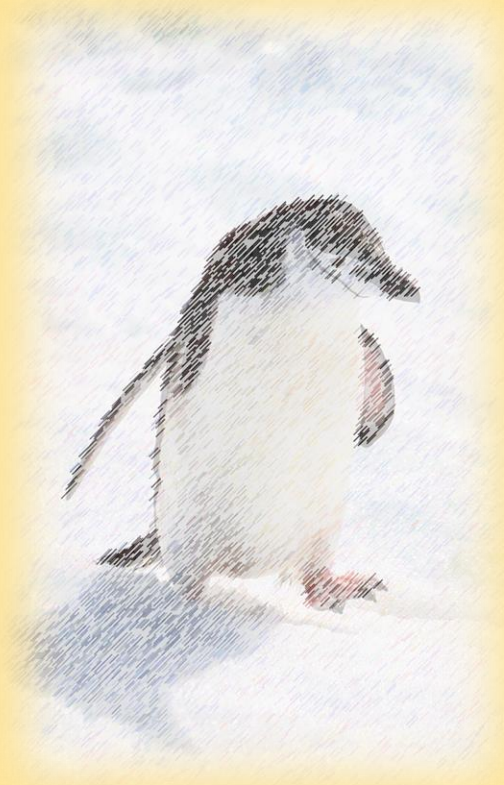


'TIS THE SEASON FOR SLIPPERY SURFACES

DO THE PENGUIN WALK TO AVOID WINTER SLIPS AND FALLS

- ❄️ Wear slip resistant shoes
- ❄️ Keep knees relaxed and bent slightly
- ❄️ Bend slightly and walk flat footed
- ❄️ Keep your center of gravity over your front leg
- ❄️ Point your feet out slightly like a penguin
- ❄️ Watch where you step
- ❄️ Take smaller, shuffle-like steps
- ❄️ Extend your arms outwards to the side
- ❄️ Keep hands free
- ❄️ Go slowly
- ❄️ Stay on salted walkways



DON'T SLIP AND FALL!