**DO THE PENGUIN WALK!**

Stay healthy and injury-free this winter season by practicing safe winter walking!

- Bend slightly and walk flat footed
- Point your feet outward slightly
- Take short, shuffle-like steps
- Walk with your arms at your sides (not in your pockets)
- Concentrate on maintaining balance
- Watch where you’re are stepping
- GO SLOWLY!!!!!!!

Partnered by Cornell EHS and Grounds
1 Normally, when we walk, our legs’ ability to support our weight is split mid-stride.

2 Walking this way on ice forces each leg to support the weight of the body at an angle that is not perpendicular to the surface of the ice, resulting in a nasty fall.

1 To walk on ice, keep your center of gravity over your front leg.

2 One animal that has figured this out is a penguin. Think of yourself as a penguin and you’ll be all right.