

# Practice Defensive Walking

Just like defensive driving to avoid accidents, be a “defensive walker” to avoid winter falls.



Plan ahead to prevent last minute rushing on snowy streets, parking lots & sidewalks



Assume ALL wet, dark areas on pavement are black ice



Don't text and walk at the same time



Wear boots with good tread



Use a backpack to free your arms and help maintain your balance



Take slow, short steps...

## ...Do the Penguin Shuffle



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