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
- Assume *ALL* wet, dark areas on pavement are black ice
- Stay inside designated walkways
- Use handrails.
- Try not to carry things in your arms (maybe a backpack?)
- Don’t text and walk at the same time.
- Take slow, short steps

...do the Penguin Shuffle

Stop Winter Falls
Walk like a penguin