



# Walk Like a Penguin to Avoid Falling



Wear non-slip boots or add ice grippers to your boots. Always remove the ice grippers when you go indoors.



Watch where you place your feet.



Take small steps and shuffle your feet.



Walk with your feet apart, in a V shape.



Lean slightly forward.



Keep your hands out of your pockets.



Use a backpack to carry your things.



Move **slowly.**

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