



Walk Like a Penguin! Help prevent slips and falls!

Cold weather, ice, and snow can increase the chances of slips and falls, so Carroll Wood Condominium Association wants to remind all tenants and guests to stay safe this winter. We remind you to dress warmly and **walk like a penguin** when appropriate. What does it mean to walk like a penguin?

- Take short steps or shuffle for stability
- Don't lock out your legs, keep knees relaxed and walk flat-footed
- Toes slightly pointed out
- Walk slowly, assume all wet, dark areas on pavements are slippery
- Keep arms out for balance

It may sound silly, but short shuffled steps can decrease your chances of slipping and falling!

Falls are one of the leading causes of injury! Keep these tips in mind to avoid an injury, especially in snowy and icy conditions.

- Walk slowly and carefully. Wear appropriate footwear like boots or other slip-resistant footwear.
- Use special care when getting in and out of vehicles, especially in between parking spaces where snowplows cannot remove snow or spread salt that well.
- Use the vehicle for support if you need to.
- Watch for slippery floors when you enter or exit any buildings, including your home.
- Try to avoid carrying items or walking with your hands in your pockets. This can reduce your ability to catch yourself if you lose your balance. Instead, carry a backpack if you have one.
- Watch out for black ice, wet leaves, and snowbanks.
- Tap your foot on potentially slick areas to see if the areas are slippery.
- Take shorter, shuffle-like steps, to maintain balance. Walk like a penguin.
- Avoid uneven surfaces if possible. Avoid steps or curbs with ice on them.
- Do not rush. Ensure you take the safest route.
- Give yourself plenty of time! Planning ahead for delays can help avoid the need to rush.