How to avoid slips and falls

Walk like a penguin
Use short, slow, flat-footed steps and maintain your balance.

No shortcuts
Only use pathways that have been cleared.

Carry only what you can
Free up your hands by using a bag or backpack.

Wear sensible footwear
Choose shoes with a non-slip, thick sole and a wide, low heel.

Use caution around curbs
Step flat footed on and off curbs.

Don't be distracted
Don't text or use your cell phone while walking.

Step down, not out from cars
Swing both legs out, place both feet flat on the ground and hold the door frame or steering wheel for support.