

Walk like a penguin to avoid slips and falls

Every winter Colorado sees a drastic increase in injuries due to slipping, tripping and falling on ice and snow. In fact, the spike is so significant that our data reveals the most dangerous season for Colorado workers is always wintertime because of slippery conditions.

But falls on ice aren't inevitable. Walking like a penguin dramatically decreases the chances of falling on ice. This is how you can do it:

- Put your arms out to the side for balance.
- Take short, shuffling steps.
- Go slow.
- Walk flat-footed with your toes pointed out.
- As you move, put your center of gravity over your front leg.

You might feel silly walking like a penguin, but you'll stay safe and upright. It's time to walk the (penguin) walk!

[Read more here.](#)