



BE SAFE THIS WINTER

**When it's slippery...
WALK LIKE A PENGUIN!**

- > Point your feet out slightly**
- > Keep knees relaxed and walk flat-footed**
- > Take shorter, shuffle-like steps**
- > Keep your arms out and hands free.**

> GO SLOWLY



NB Trauma Program
Programme de
traumatologie du NB

www.nbtrauma.ca