

When it's slippery...

# WALK LIKE A PENGUIN

**GO  
SLOWLY**



**WALK WITH  
YOUR ARMS  
AT YOUR SIDES**  
(NOT IN YOUR  
POCKETS)

**TAKE  
SHORTER  
STEPS**

**Point  
feet out  
slightly**

**Walk  
flat-footed**



**DO THE  
PENGUIN WALK**

**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](http://www.nbtrauma.ca)