

WINTER LESSONS: HOW TO WALK ON ICE

1 Normally, when we walk, our legs' ability to support our weight is split mid-stride.

2 Walking this way on ice forces each leg to support the weight of the body at an angle that is not perpendicular to the surface of the ice, resulting in a nasty fall.

oblique angle = nasty fall

1 To walk on ice, keep your center of gravity over your front leg.

2 One animal that has figured this out is a penguin. Think of yourself as a penguin and you'll be all right.

WRONG WAY **RIGHT WAY**

1. Walk flat footed and take short steps

2. Wear footwear that provides traction

3. Step down, not out from curbs

4. Use your arms for balance

5. Carry only what you can