

Charlie the sure-footed penguin says, “This winter, do the St. Charles shuffle!”



10 tips to avoid slips, trips and falls:

1. Walk like a penguin: Take short, flat steps to maintain balance.
2. Wear appropriate footwear for the weather.
3. Give yourself more time to get places.
4. Exit your car with both feet on the ground.
5. Don't carry too much. Hands free and arms out for balance.
6. Resist shortcuts. Use paths that have been cleared.
7. Ditch distractions (like your phone) and focus on walking.
8. Consider using traction cleats on your shoes.
9. Remove snow and ice from your shoes when you enter a building.
10. When in doubt, ask for help!

