People ARE NOT Penguins...
...But, they should sometimes walk like one

#Peoplenearenopenguins

Post pictures of your cleared sidewalk to our Prevention and Wellness Network Facebook page, with #Peoplenearenopenguins for a chance to win a $50.00 massage gift card.

Winner will be randomly drawn from all participants in March.

Enter as often as it snows. There’s no limit to safety!

Keep them on their feet.

SHOVEL YOUR SIDEWALK!

Clear The Path!

Wheelchairs and assisted mobility devices require a clear path that is a minimum of 36” wide.

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.

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

https://www.today.com/health/stay-safe-ice-walk-penguin-2D12108872

Prize sponsored by Community VNA