

On Ice? Walk Like A Penguin

A photograph of a penguin standing on ice, used as a visual metaphor for safe walking. The penguin is facing forward, slightly to the right. Its arms are outstretched to its sides. Its legs are slightly apart, and its feet are pointed forward. The background is a blurred icy landscape. The image is overlaid with a green and yellow geometric design in the bottom right corner. Four white circles with lines pointing to them highlight specific walking techniques: the penguin's arms, its knees, and its feet.

Arms at Sides
for Balance

Knees Loose
and Toes
Pointed Out

Take Short
Strides

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