

DO THE PENGUIN WALK WHEN IT GETS ICY AND COLD



1. Keep your knees relaxed.
2. Point your toes out.
3. Walk in slow, short steps.
4. Keep your hands outside of your pockets.
5. Extend your arms to your sides.

UPCOMING EVENTS



- ▶ ATCN/ATLS: April 24 & 25 | Jun 12 & 13
- ▶ TNCC: Jan 16 & 17 | Feb 20 & 21
Mar 20 & 21 | May 1 & 2

QUESTIONS? Email us at trauma.services@erlanger.org

FREEZE-THE-DATE

2025 Trauma Symposium
May 22 & 23, 2025

Visit erlanger.org/traumasym or scan the code.



Winter Driving Safety: Build An Emergency Car Kit

Snow and ice reduce pavement friction and vehicle maneuverability, causing slower speeds, reduced roadway capacity, decreased visibility, and increased crash risk. Each year, over 2,200 people are killed and 193,000 people are injured in motor vehicle accidents occurring during sleet, slush, snow, or ice. Slow down, use your headlights, and stay off the roads when conditions are not safe.

