The Moscow Times
30 YEARS
INDEPENDENT NEWS FROM RUSSIA

Moscow Lifehack: Staying Upright on Moscow Streets

By The Moscow Times

March 03, 2016



How do Russians walk on ice without falling?

Simple: Genetic selection. Over the millennia, Russians who fell could not reproduce.

Actually, there are a few easy rules to follow for slip-free walking when roads and paths ice over. First, put away any boot or shoe with a heel higher than three centimeters, no matter what your stylish neighbor wears (see above: genetic selection).

Second, check the sole. If it's plastic or leather, put it away until dry weather. There is nothing as slippery as a frozen leather sole. Wear rubber-soled footwear.

Third, remember what you mother said and watch where you're walking. That means: Do not text, read your RSS or get caught up in a phone conversation while walking. If you need to see where you are, stop before you look around. Ignore the friends and family you are walking with. Keep your eyes on the ground in front of you so you can avoid ice hidden under snow,

slush or puddles. And finally, learn how to walk like a wind-up toy. Don't walk heel-to-toe, but lift your foot straight up and put it down flat, like the foot version of a belly flop. Keep your stride as small as possible. If you do start to slip, try to "tuck and roll" — pull your head to your chest and your arms in and crumble to the ground. Remember: Survival of the fittest!

Original url:
https://www.themoscowtimes.com/2016/03/03/moscow-lifehack-staying-upright-on-moscow-streets-a48364