



Winter Safety Tips

Avoiding Slips, Trips, and Falls

Slips, trips, and falls are a major cause of injury at home and in the workplace, particularly during the winter months. Snow and ice significantly increase the risk due to slippery sidewalks, parking lots, and work areas.

According to national safety data, thousands of slip and fall accidents occur daily in the United States, resulting in serious injuries and fatalities each year. Slips, trips, and falls are among the leading causes of workplace injuries and create a significant burden for employers. Employees, visitors, customers, vendors, contractors, and subcontractors may all be at risk when unsafe conditions exist.

Taking proactive steps during winter weather can help reduce injuries and liability.

Parking Lots and Sidewalks

- Ensure walking paths are properly illuminated.
- Mark trouble spots such as snow banks and slippery curbs with caution tape or cones.
- Salt walkways regularly.
- Remove re-frozen snow and ice after applying salt or snow melt.

Entrances and Exits

- Limit employee entry and exit to one or two doors when possible to better manage conditions.
- Mop entrances and exits regularly to prevent water buildup.
- Use wet floor signage to alert employees and the public.
- Install non-skid, slip-resistant floor mats at all entry points.

Communicating with Employees

Remind employees of simple steps they can take to reduce the risk of slips and falls:

- Avoid wearing high heels outdoors. Flat shoes or boots with slip-resistant soles are recommended.
- Take short, flat steps when walking on snow or ice. Walk slowly. Do not run.
- Clean footwear thoroughly on floor mats when entering buildings.
- Use walkways that have been salted or shoveled.
- Avoid shortcuts over snow piles or untreated areas.
- Spread salt or sand when icy spots are observed.
- Watch for black ice, which can form when temperatures rise above freezing and then quickly drop.

A little awareness and preparation can go a long way toward preventing winter slip and fall injuries.