

# Winter Slips and Trips Safety



*An employee was entering an office building through a rear entrance and slipped on a snowy sidewalk. Unable to reach his cell phone, he laid in the snow for 30 minutes before he was found. Injuries included a right hip fracture, frostbite and hypothermia with a total recovery time of six months. Review the following winter slips and trips safety tips with your employees.*

## Toolbox Tips

- Pay attention to the weather and plan ahead. Sign up for weather notifications for your location.
- Dress in appropriate footwear and clothing for ice and snow.
- Pre-treat sidewalks, parking lots and driveways before a snow storm and continue to treat throughout the storm.
- Wear slip on ice cleats when walking in slick conditions.
- Do not attempt to shovel large amounts of heavy snow. Snow can weigh up to 21 pounds per cubic foot. This weight combined with the leverage of the shovel handle can cause overexertion injuries.
- Keep outside walking paths well lit. Set floodlights on stands where walking is particularly treacherous.
- Report parking lots or entrances where light bulbs are out.
- Use three points of contact when entering or exiting trucks or machines.
- Scan for ice on the steps or in the parking lot.
- Report any unsafe walking conditions and warn others by placing signage or by closing off the walkway.
- Enter and exit the facilities using only cleared pathways.
- Park in well lit parking spots and avoid any that are slick or ice packed.
- Use extra caution when walking on slippery surfaces, lean slightly forward and scoot your feet or take small steps.

*These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and MEM assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.*