



MONTHLY SAFETY AWARENESS DISCUSSION GUIDE

Slips, Trips, and Falls: Snow and Ice

Introductory Comments

The second-most common cause of workplace injury is a trip or slip hazard that leads to a fall. And 20-30% of workplace falls result in a moderate or severe injury like deep bruising, broken bones, or concussions. In fact, slips, trips, and falls cause nearly 700 workplace fatalities per year – that's 15% of all workplace deaths. (www.osha.gov)

The trouble is that the circumstances that lead to slips and trips tend to be spontaneous and changeable – they don't exist until suddenly they do. That means preventing slips, trips, and falls is an ongoing process that relies heavily on employees being able to recognize related hazards.

Meeting Starter Questions

- What are slips, trips, and falls?
- How does ice and snow increase the risk?
- How can I be proactive in prevention?

Critical Safety Points

With the arrival of winter weather, your chance of having a slip, trip, or fall rises considerably. Most wintertime incidents occur on parking lots, roadways, driveways, and walkways while walking between the workplace and vehicles. Indoor hazards also exist at entryways, hallways, and other rooms where ice and snow have been tracked in from outside.

Snow and ice make the ground wet, slippery, and prevent traction from being obtained. While it is ideal to clear walking surfaces of snow and ice, and spread deicer, as quickly as possible after a winter storm. (www.osha.gov)

Slips - are a loss of balance caused by too little friction between your feet and the walking surface. Loss of traction is the leading cause of workplace slips. Slips can be caused by wet

Instructions:

Use this Safety Toolbox Talk to spark discussion within the employee group. Test knowledge retention with the associated quiz.

Quiz Answer Key:

1. False. Footwear with heavy treads and close-toes are best.
2. False. Snow and ice can be tracked inside causing wet floors.
3. Rush and Run
4. True
5. False. Reporting not only assists you, but allows the injury location to be assessed and closed off if necessary, helping other workers.

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JANUARY SAFETY TOOLBOX

surfaces, spills, or weather hazards like ice or snow. Slips are more likely to occur when you hurry or run, wear the wrong kind of shoes, or don't pay attention to where you're walking.

Trips - occur whenever your foot hits an object, and you are moving with enough momentum to be thrown off balance. Trips are more likely to happen when you are in a hurry and don't pay attention to where you're going.

Falls - occur whenever you move too far off your center of balance. Falls account for more workplace fatalities than any other reason.

Common Injuries from Slips, Trip and Falls:

- Sprains, strains
- Bruises, contusions
- Fractures
- Abrasions, cuts

Mitigating slips, trips, and falls on snow and start with you. We can not control if surfaces are snow and ice free or salted, but we can control how we approach these surfaces. **Recommendations to prevent slips, trips, and falls include:**

- Wear appropriate footwear that has visible, heavy treads and a flat bottom.
 - Walk slowly and consciously when snow or ice is present and use handrails if available.
 - Look where they're stepping and anticipate slippery surfaces. Black ice – sometimes called clear ice – often appears early in the mornings, in shady areas, or where the sun shines during the day and melted snow refreezes at night.
 - Do not listen to music or talk on a cellphone while walking. Also, workers should keep alert for any vehicles and snow removal equipment.
 - Watch for wet floors when entering the workplace, as co-workers may have tracked in snow and slush. Ensure wet floor signs are present.
 - Look up for snow or ice that may fall or break away from awnings, buildings, and windows.
- (www.nsc.org)

If you see unsafe walking surfaces report it to management; this will assist in prevention and keeping other workers safe. Remember to report injuries to your manager immediately.

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Employee Name:	Division:
Signature:	Instructor:
Date:	Score:

Toolbox- Slips, Trips, and Falls: Snow and Ice

Question 1: Heeled and open-toed shoes are safe options for the snow and ice.

TRUE FALSE

Question 2: Slips, trips, and falls from snow and ice can only occur outside.

TRUE FALSE

Question 3: What should you not do when walking on snow and ice?

- Walk slowly Remain distraction-free
 Rush and run Use shoes with heavy tread

Question 4: Black ice is clear ice that cannot always be identified, posing the largest hazard.

TRUE FALSE

Question 5: If I slip, trip, or fall, I should report it to management only if I am injured.

TRUE FALSE

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