

Pinnacol Pointers for Safety Group Programs

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Preventing Slips, Trips and Falls This Winter

Old man winter is coming, and it's time to dust off essential safety tips that can prevent your employees from experiencing slips, trips and falls. Here are some tips for workers, and for worksites.

Tips for Worker Safety

- Wear boots or overshoes with non-slip soles. Avoid shoes that have smooth soles, which increase the risk of slipping.
- Walk consciously. Be alert that you could quickly encounter an unseen patch of ice and slip.
- Avoid the temptation to run to beat traffic when crossing a street.
- Walk cautiously. Your arms help keep you balanced, so keep your hands out of your pockets and avoid carrying heavy loads that may cause you to lose your balance.
- "Walk small." Avoid having an erect, marching posture. Look to see ahead of where you step. When you step on icy areas, take short, shuffling steps, curl your toes under and walk as flat-footed as possible. Walk like a penguin!
- Avoid horseplay or other distractions.
- When entering or exiting your vehicles, hold onto the door or side of the vehicle for extra support.

Tips for Worksite Safety

- Have a program and procedures to promptly remove ice and snow from parking lots, garages and sidewalks.
- Email winter weather warnings to staff, cautioning them about ice, snow and slippery surfaces at the worksite. For staff who have no email access, post notices on bulletin boards.
- Place freezing weather warning monitors at entrances to employee parking areas.
- Post and distribute phone and email contacts for maintenance department, encouraging employees to report icy conditions.
- Place labeled bins of ice-melting chemicals and scoops that employees can use immediately on icy patches. Consider placing bins in areas of heavy pedestrian traffic, such as the top and bottom of outdoor stairways, parking garage exits and entrances, and healthcare facility entrances. The bins should be labeled appropriately and include instructions for handling ice melting chemicals. Bins should be secured so they cannot be removed.
- Provide additional mats in entrances during winter months and when it rains. Consider mats with beveled edges on all sides to prevent trip hazards.

Pinnacol Resources

For more information on preventing slips, trips and falls during the coming winter months, as well as sample lists and worksite posters, visit the [Resources](#) web page at Pinnacol.com. Additional resources are available on the website pages of the [Occupational Safety & Health Administration](#) and [National Institute of Occupational Safety and Health \(NIOSH\)](#). Or call Pinnacol's Safety On Call hotline at 303-361-4700 or 888-501-4752. Our safety services team stands ready to answer questions and help keep your workforce on sure footing.

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