

# Cold Weather Slips, Trips, And Falls Safety

*This This Everyday Safety Tailgate Talk was originally published as the January 2016 “Safety Pins” by Philip E. Spiezio, Safety Officer, Washington County Office of the Safety Officer*

Cold weather brings many risks and hazards with it. An increased risk of slipping and falling is just one of those risks. Injuries from slips, trips and falls are one of the most common causes of injuries.

Here are a few tips that may help you or somebody you know avoid an injury from the result of a slip, trip or fall.

- Keep floors dry and pathways clear as much as possible.
- Look for signs indicating a wet floor.
- Wear appropriate foot wear. You can change your shoes later.
- Take your time.
- Walk like a penguin when encountering icy/wet areas!
- Be observant!
- Pay close attention to stairs and entryways as well as getting in and out of your vehicle or between parked vehicles.
- Carry a little less.
- Always have at least one hand free. Make an extra trip if need be.
- If you find an icy area, put some ice melt down or report it immediately.
- Watch out for one another.
- Offer assistance to someone who may need help.
- Use extra caution in poor light conditions.
- Allow sufficient amount of time to get where you are going.
- If possible, use a snow rake for cleaning off your roof instead of climbing a ladder!



**Action Item:**

**Related Topics:**

Cold Weather Driving Safety

Cold Weather Precautions

**Resources and References:**

OSHA Winter Weather Hazards/Precautions Webpage

[https://www.osha.gov/dts/weather/winter\\_weather/hazards\\_precautions.html](https://www.osha.gov/dts/weather/winter_weather/hazards_precautions.html)

OSHA Winter Weather Preventing Slips on Snow and Ice

[https://www.osha.gov/dts/weather/winter\\_weather/index.html](https://www.osha.gov/dts/weather/winter_weather/index.html)

OSHA Hazard Alert on Elevated Surface Snow and Ice Removal

[https://www.osha.gov/dts/weather/winter\\_storm/snow\\_hazard\\_alert.html](https://www.osha.gov/dts/weather/winter_storm/snow_hazard_alert.html)

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**“Cold Weather Slips, Trips & Falls”  
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