

Tips on Preventing Slips on Snow and Ice

To help control slips, trips, and falls, employers should clear walking surfaces of snow and ice, and spread deicer, as quickly as possible after a winter storm. In addition, the following precautions may help reduce the likelihood of injuries:

- Wear proper footwear when walking on snow or ice is unavoidable, because it is especially treacherous. A pair of insulated and water resistant boots with good rubber treads is a must for walking during or after a winter storm. Keeping a pair of rubber over-shoes with good treads which fit over your street shoes is a good idea during the winter months.
- Take short steps and walk at a slower pace so you can react quickly to a change in traction, when walking on an icy or snow-covered walkway.

Safety Precautions

- Keep all walkways cleared of ice and snow.
- Have de-icing products handy for hard-to-remove ice or snow.
- Make sure all walkways and passageways are clearly marked and well-lit.
- Be careful of slippery surfaces inside buildings.
- Wear slip-resistant footwear.
- Practice safe walking on slippery surfaces by taking slow, small steps.
- Avoid carrying heavy loads that may offset your balance.
- Clearly mark or barricade hazardous areas.
- Wear sunglasses on sunny days to lessen winter glare.
- Take extra precaution when entering and exiting vehicles.
- Know the symptoms of frostbite and the first aid steps to address it.



Additional Resources

For more information and tips on winter workplace safety and health, see:

- [OSHA Winter Weather. Plan. Equip. Train.](#)
- [OSHA Falls and Other Hazards to Workers Removing Snow from Rooftops and Other Elevated Surfaces](#)
- [Cold Stress. The National Institute for Occupational Safety and Health](#)
- [MIOSHA Tips for Winter Workplace Safety. Don't Roll the Dice with Snow and Ice.](#)

Did You Know?

- A study from Maine showed ice-related falls were more common in the morning and higher-injury days occurred when there were snowfall events, when temperatures remained below freezing following snowfall events, or when snowfall accumulations were subject to daily thawing and re-freezing.

[Hazard Alert Maine DOL-SlipFallOnIce.pdf](#)

[Hazard Alerts Falls MIOSHA.pdf](#)

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