

Safety Bulletin

Issue # 08-2025

ENERGY
SAFETY
CANADA

Preventing Slips, Trips and Falls in Cold Weather

Slips, trips and falls are among the top five incident types for companies, big or small. These incidents are even more common in the fall and winter, even for companies with established safety management systems.

As temperatures drop and conditions change, the risk of slips, trips and falls increases significantly. Wet leaves, frost, ice and snow can create outdoor and indoor hazards. Staying aware and taking precautions helps keep everyone safe.

Common Seasonal Hazards

- **Wet leaves and rain:** Wet and decaying leaves create slippery surfaces
- **Frost and ice:** Invisible “black ice” on walkways, parking lots and steps
- **Snow and slush:** Creates uneven walking surfaces and tracking indoors
- **Reduced daylight:** Poor visibility during early mornings and evenings
- **Bulky clothing/footwear:** Limits movement or reduces traction if not chosen wisely

Workplace and Home Responsibilities

- **Clear walkways:** Promptly remove snow, ice and wet leaves.
- **Apply sand/salt:** Treat icy areas regularly.
- **Maintain lighting:** Ensure walkways and entrances are well-lit.
- **Use mats and signage:** Place absorbent mats inside entrances and display “Wet Floor” signs when needed.
- **Report hazards:** Immediately notify maintenance or supervisors about slippery areas.

Safe Walking Tips

- Wear slip-resistant footwear with good tread.
- Utilize winter walking traction grips, as appropriate.
- Use short, slow steps—walk like a penguin on icy surfaces.
- Keep your hands out of your pockets and free (avoid carrying too much at once).
- Use railings when available.
- Stay alert for changing conditions, especially in shaded or less-travelled areas.

In Case of a Fall

- Stay calm and assess for injury before moving.
- Report the incident right away.
- Seek medical attention if needed—even minor falls can cause hidden injuries.

Remember: Slips, trips and falls are preventable. Stay alert, use proper footwear and keep areas clean and clear, so we can all stay safe this fall and winter

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Resources

Energy Safety Canada

- [Get a Grip Program](#)
- [Falls on Same Level](#) (Bulletin)
- [Worker Fall From Same Level Injury](#) (Alert)

Others

- AB OHS: [Resources on Slip, Trip & Fall](#)
- WorkSafeBC: [Resources on Slip, Trip & Fall](#)
- WorkSafeSK: [Resources on Slip, Trip & Fall](#)

