

Slip and Fall Prevention

Winter weather often brings freeze–thaw conditions that significantly increase the risk of slips and falls. January, in particular, presents a high likelihood of these conditions across most of CEDA’s operating regions. Injuries from slips, trips, and falls are one of the most common workplace incidents; in Canada, more than 44,000 workers are injured each year due to falls, the majority resulting from slips and trips on the same level. In some regions, slips, trips, and falls account for about 20% of all workplace injuries. **Slips on ice are often preventable through proper planning, hazard identification, and control implementation.**



Use CEDA’s Risk Management Tools

- **Field Level Hazard Assessments (FLHAs):** Identify icy surfaces, freeze–thaw conditions, poor lighting, and access/egress hazards before starting work and update FLHAs as conditions change.
- **Site HSE Plans:** Follow site-specific controls for snow and ice management, designated walkways, and access points.
- **Site ERPs:** Ensure emergency response procedures are understood in the event of a slip and fall, including injury reporting and medical response requirements.
- Refer to and use the recommendations from the **Facility and Work Site Winter Preparedness Guidance** for your worksite.
- **Regularly monitor all areas including parking lots for slip hazards.** Use HSE tools such as the [*CEDA Focus Inspection Ice Slips Trips and Fall Prevention*](#) and correct hazardous conditions accordingly.

Footwear & Traction

- Wear **ANSI or CSA-approved winter footwear** with slip-resistant soles suitable for icy conditions.
- Use ice cleats or traction aids when walking on icy or compacted snow surfaces, where permitted by the site.
- Inspect footwear regularly and replace worn soles.

Safe Walking & Access Practices

- Walk slowly using short, deliberate steps; avoid rushing.
- Maintain **three points of contact** when entering or exiting vehicles, equipment, and trailers.
- Keep hands free for balance and use handrails where available.
- Be especially cautious near stairs, entrances, shaded areas, and around equipment where ice can form unexpectedly and when transitioning from cold outdoors to warm indoor space to smooth flooring.

Work Planning & Housekeeping

- Plan routes to use cleared, sanded, or treated walkways whenever possible.
- Apply sand or ice melt to work areas, access points, and high-traffic routes as conditions warrant.
- Report icy conditions immediately so controls can be implemented.

Task Execution

- Avoid carrying loads that obstruct your view or compromise balance.
- Adjust work pace and sequencing to account for conditions—taking extra time is a control.
- Stop work and reassess if conditions deteriorate beyond planned controls.