



Walking On Slick/Icy Surfaces

Working in winter weather conditions can bring about many challenges & dangerous situations. Slips, trips, and falls from slick surfaces (often caused by snow or ice) are the most common winter injury incidents. It is imperative to be vigilant, taking all necessary precautions, and recognize this hazard before entering a potentially hazardous area.

To help prevent slip, trip, or fall incidents on slick, snowy, or icy surfaces:

- Always assume that a surface is slick if it is wet or has snow/ice present.
- Wear footwear with good traction (non-slip soles and deep treads) or use ice cleats. Check the tread on your current footwear to make sure it will give you the traction you need.
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- Use support: Use handrails on stairs and hold onto stable objects, such as truck doors, when walking to your truck.
- Avoid carrying anything to help maintain balance.
- Avoid looking at your phone; stay aware of your surroundings to spot black ice.
- Avoid walking with your hands in your pockets as this can reduce your ability to catch yourself if you lose your balance.
- Ice & snow means take it slow: slow down and allow extra time for traveling on foot in slick conditions.



Walk like a penguin: Take short, flat steps, keep your arms out, lean forward slightly (keep your weight directly over your feet) and slightly bend your knees.



Real Incident Example



On Thursday, February 12, 2026 at 2:00 PM (EST), at Bellefonte Station in Charleston, WV, an employee slipped on ice inside the station area.

Contractor crew members witnessed the employee fall and strike their head on the handle of a round structure during the fall. The employee was unable to stand due to the icy surface and had to scoot across the ice to reach gravel, where coworkers assisted them.

The crew responded immediately. The employee was transported to the TCR truck and then driven to the hospital. The injury was determined to be a minor sprain, and the employee was released with no restrictions.

This could have easily ended much worse. A head strike on frozen ground or steel can result in concussion, skull fracture, or permanent injury.

Quick response helped reduce the severity – but prevention is what matters most.
