

SAFETY

TIP OF THE MONTH

Stair Safety



Slips, trips and falls on stairs can cause serious injuries. We have climbed up and down stairs for years and the problem is . . . we no longer think about the real danger in doing such. By using safe and common sense practices such as noted below, falls on stairs are preventable.

- Never rush up or down the stairs. Take your time.
- Don't carry too much in your hands. A good rule is that "if you cannot keep one hand on the rail or see your feet then you are carrying too much." Make an extra trip if necessary.
- Don't be distracted by cell phones, headphones, or reading text/e-mail messages, or talking to others while using the stairs.
- Certain shoes are more prone to falls on the stairs. If you have high heels or shoes with slippery soles, take this into account and move even more carefully to accommodate the increased risk.
- Report or clean up spills, trash, or any other objects that do not belong in the stairwell. Keep stairways clear of all objects. Never use the stairs as temporary storage.
- Remember that the rise and run on stairs is not always consistent especially on curved areas or where there is construction. Always keep your eyes on the stairs as you proceed. Beware of single steps and small elevation changes. Small changes in levels can be hazardous.



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