



SAFETY BRIEF

SLIPS, TRIPS AND FALLS: STAIRS

Slips, trips and falls are the leading cause of injuries in the workplace and at home. Accidents can easily happen when going up or down stairs if you aren't paying attention or move too quickly. Follow these tips to reduce the risk of injury:



PREVENTATIVE ACTION

- Report any damages or unsafe conditions of the handrail, stair treads or stair areas
- Immediately clean up any spills on the steps
- Keep stairways clear of clutter and debris
- Clean stairway treads, walls and railings regularly
- Alert anyone entering the area before performing repairs

MAINTENANCE

- Turn stairway lights on
- Avoid carrying bulky or heavy items down stairs if possible
- Take off reading glasses when going down
- Use the provided handrails
- Keep your hands free to use the handrails
- Point feet slightly towards a handrail to help catch yourself after a misstep
- Concentrate and step carefully to prevent falling



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