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FALLS ON STAIRS

Slipping and falling on stairs or steps is a major cause of injury, and a leading cause of serious injury. Immediately report anything you notice that could contribute to slipping or tripping on a stairway. This includes such hazards as slippery stairs, wet areas, poor lighting, loose handrails, chipped edges.

To avoid a fall when using stairs:

1. Hold on to the handrail.
2. Walk, don't run.
3. Take one step at a time.
4. If you are carrying material, the load should be such that you can keep one hand free to use the handrail. Otherwise, take the elevator if there is one, or get help.
5. Keep to the right.
6. Do not crowd or push others.
7. Pay attention to where you are going. Many accidents occur when a person is talking with others and looking at others instead of looking where he or she is going.
8. Keep moving. Do not congregate at landings; do not stand near doors.