



Slip, Trip, and Fall Prevention

Stay Upright: Stair Safety



Training Short: To promote safe behaviors while using stairs to minimize fall risks.

Micro-Training Outline (10-15 minutes)

OBJECTIVE: (1 MINUTE)

Today's quick safety spotlight is on preventing falls on stairs. While employers must ensure stairs are built safely, it's up to us to use them safely.

Safe Stair Use: Top 5 Behaviors (5 minutes)

Use a visual slide or handout with icons or images for each behavior:

1. **Use the handrail** – every time, up or down
2. **Don't rush** – slow down and stay alert
3. **Avoid distractions** – no phones or multitasking
4. **Keep stairs clear** – report spills or clutter
5. **Carry smart** – keep one hand free

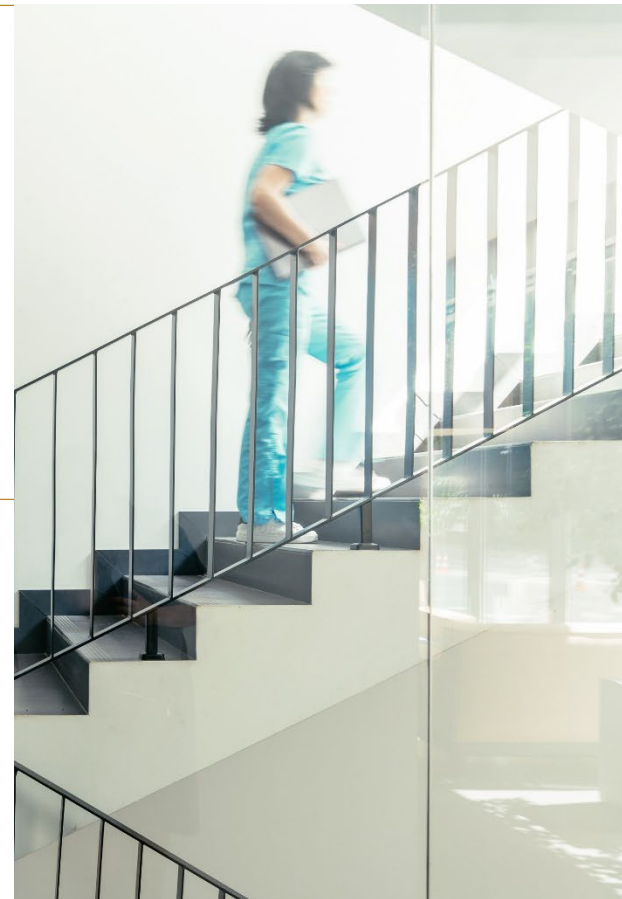
Ask: "Which of these do you see most often ignored?"

Real World Scenario (3 minutes)

"Imagine you're carrying a box and your phone buzzes. You glance down, miss a step, and fall."

- + **What went wrong?**
- + **What could have prevented it?**

Quick discussion or poll: "What's the riskiest stair behavior you've seen?"



Quick Recap & Action Step (2 minutes)

- + **Recap:** Use handrails, stay alert, don't rush, report hazards
- + **Action:** "This week, notice your stair habits. Are you modeling safe behavior?"