

SAFE STAIR USE

Follow these precautions to help prevent falls on stairs

Always use the handrail



Clean up clutter and spills on stairs immediately



Do not rush on the stairs



Stay to the right when others are on the stairs



Be focused and cautious, not distracted



Never carry large objects that block your view or require both hands



Check for hazards, like clutter or slippery surfaces



Wear properly fitting shoes with anti-slip soles

