

# PREVENT SLIPS, TRIPS, AND FALLS



## Using the stairs in different circumstances

In an effort to stay healthy, many people are choosing to take the stairs instead of the elevator. When taking the stairs, remember the following safety tips so the benefits of a little exercise are not undermined by a slip-and-fall injury.

### In icy, wet, or slippery conditions

- Use the handrail and turn about 30 degrees toward the rail. If you fall, you'll tend to fall toward the rail and wall. (This can also be helpful if you need to carry something when using the stairs.)
- Grip the underside of the handrail with your palm facing up (when the structure of the handrail will allow you to). Not only is it safer, it's also a stronger grip than gripping the top.
- Wear appropriate footwear, especially for slippery conditions.

### In normal circumstances

- Wear appropriate footwear. If you are wearing high heels or flip-flops, take the elevator.
- When you are carrying materials, such as a box, take the elevator instead of the stairs.
- Always use the handrail.

