

## Stair Safety

Many workers choose to take the stairs for the exercise benefit rather than use the elevator. While doing so can be a great health benefit, hazards loom as well, if caution is not taken while using stairs. So far during 2007 at FCEOC, 29.41% of all slips/trips/falls have been due to workers falling while using the stairs.

Below, you will find tips for using stairs safely:

### Safe Footwear

- Wear safe shoes with solid support
- Flexible shoes with non-slippery soles
- Avoid using stairs while wearing high-heels



### Safe Posture

- Relax your neck; keep it straight
- Keep back straight and shoulders relaxed



### Safe Techniques

- Always place entire foot on step; not just toe
- Keep an eye on the steps at all times
- Use the handrails
- Never walk the stairs with hands in pockets
- Do not walk backwards on the stairs
- Avoid using exterior stairs that are wet
- Do not skip steps; use every step
- When carrying loads, use the elevator

### Safe Pace

- Ascend and descend slowly; do not run up or down stairs!
- If climbing several flights of stairs stop and rest when needed

### Distractions

- Never use a cell phone while using stairs
- Do not read materials while using stairs
- Avoid being distracted by conversation
- Never attempt to retrieve items from purse/bag while using stairs

***When we share the responsibility for safety in the workplace, everyone wins!!***