

Your **SMART** 
SAFETY Moment

Using Stairs

Don't fall for it.

Use the handrail when going up or down the stairs. It's the most important thing you can do. It gives you two points of contact and good balance. Never run. Never finger the rail while you're stepping. Focus on the stairs, not conversations or other distractions. Always look straight ahead. Take it one step at a time. Get help if you have to carry something heavy. Make sure you always have at least one hand free. And if the steps are outside, be extremely careful in rain or snow.

Following these tips will help keep you from a fall that could result in injury and lost work days.

And that's smart safety!

For additional information or guidance, contact your safety office.