



GET A GRIP



According to the National Safety Council, 12,000 stair deaths occur (half occurred at home) & 1,000,000 accidents resulting in injury occur each year nationwide on stairs.

Strategies to prevent a stairway fall:

Grasp

Rails

In stairways to

Prevent falls

Is there a chance that a liquid or some other substance may be on one of the steps? Use of handrails alone greatly reduces the severity of a trip or slip on a stairway. Traditionally, individuals hold the handrail with one hand on top of the rail and face directly up or down the stairway. An additional safety measure can be obtained when going down stairs (Note: 67% greater chance of falling when going down stairs vs. up). Instead of facing directly down the stairway, turn 30 degrees toward the rail. In the event of a trip and fall, most people will fall the direction they are facing. As a result, an individual will fall toward the rail or wall, giving additional opportunity to catch themselves and prevent the fall. This technique can be especially helpful with walking down very steep stairs, walking on outdoor stairs with snow and ice, carrying a load with one hand on a stairway or using stairs in low light conditions where it is difficult to see clearly.

Additional stairway fall prevention tips:

- Avoid rushing or hurrying
- Wear proper footwear
- Take one step at a time
- Never store materials on stairs
- Steps must be uniformed "Rise & Run"
- Use the elevator if possible to avoid carrying items on stairs, if items do need to be carried on stairs, limit loads, keeping a free hand to grip the handrail
- Immediately report damaged or housekeeping items with stairs to Buildings & Grounds
- Maintain adequate lighting
- Put your mobile device away
- Paint the edges of stairs and curbs bright yellow to increase contrast of the steps with the surrounding area

