Avoid Scares on Stairs

WHAT'S AT STAKE?

If traveling up or down stairs is a daily part of your job, you may be at risk of injury, especially if carrying items.

WHAT'S THE DANGER?

Slips, trips and falls are the most common stairway danger. Carrying things may impair your line of vision, and carrying things typically means you aren't using handrails. Even a light load can change the way you walk, creating risk of losing balance.

Littering and poor housekeeping create fall hazards. Slippery surfaces result from spilled liquids, or from cleaning but not allowing stairs to dry before use.

Stairwells may present a danger to personal security. A poorly lit area could conceal a person who may harm you.

Example

A security guard broke an ankle after falling down the stairs at a retail women's clothing store. An investigation found that the stairs were in bad repair and poorly lighted.

HOW TO PROTECT YOURSELF

Report to your supervisor or maintenance department if stairs aren't properly lit. Note if stair railings are broken or pulled out of the wall. Make sure that safety strips are intact.

Do your part to ensure that anything dropped on the stairs or landings is quickly removed. Report dirty, obstructed or littered stairs.

Work with your supervisor and coworkers to analyze hazards. Plan safer ways of moving supplies or small equipment – perhaps transporting fewer items or carrying items that don't require both hands. Mechanized equipment or carts might carry things on stairs or the elevator.

Wear well-fitting shoes with slipresistant soles.

Keep fire doors shut so that in case of fire, stairways remain free of smoke and toxic vapors.

Remember that fire doors are normally locked so you can enter fire stairwells but cannot exit onto another floor.

FINAL WORD

If you bound up or down stairs with your morning coffee, be aware of the danger of hurrying. And pay attention to safety issues such as housekeeping and adequate lighting.

QUIZ

- 1. Carrying a light load doesn't affect your balance.
 - o True
 - o False
- 2. Stairwells may present a danger to personal security.
 - o True
 - o False
- 3. Use of mechanized equipment can be a safer way to carry things on stairs.
 - o True
 - False
- 4. Shoes with slip-resistant soles are a safe choice for stairway travel.
 - o True
 - o False
- 5. Fire doors are normally _____ so you can enter fire stairwells but cannot exit onto another floor.



BEFORE THE TALK - TIPS		AFTER THE TALK- CHECKLIST
1.	Inspect the stairways in your workplace so you can discuss their relative safety.	PROVIDED FOLLOW-UP TO WORKERS THAT DID
2.	Discuss the reasons for not storing anything on stair landings or stairs.	POORLY ON THE QUIZ NAME:
3.	Ask your employees for anecdotes about stairway mishaps that they or someone they know have	DATE:
4.	had. List some of the injuries that result from falling down stairs.	OBSERVED WORKERS TASK(S):
5.	Encourage your crew to report smoking-in- stairwell activity, in order to help management,	DATE:
	take steps to reduce or eliminate the use of stairs for these purposes. Assure workers that they can	REFRESHER TRAINING TOPIC(S):
	report such activities without using names of co- workers whom they recognize.	DATE:
6.	Use a map of the building to show how stairways are part of the building's fire safety evacuation	OTHER (DESCRIBE):
7.	system. Make the point that stairways are to be kept safe and free of obstacles, in case you need to use	LOCATION:
	stairs during a fire emergency.	
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ANSWERS:

- 1. False
- 2. True3. True

- 4. True
- 5. locked



ATTENDANCE				
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INSTRUCTOR	DATE:			
	DAIL.			
SAFETY TALK:				