

Stair Safety

We do not perceive going up and down stairs to be a risky venture because it is part of our daily routine. Yet, people get seriously injured on stairs all the time.

In many cases falls on stairs occur due to;

Distractions

- Talking on the phone
- Checking the time
- Reading
- Talking with another person
- Carrying a load (focus is on balancing the load, vision is blocked, and the person can't see where they are placing your feet)



Stay Safe....

- Use the handrail
- Make use of the *full stair tread*
- Don't skip steps
- Take extra caution on industrial stairs to lift your heel while descending so that your heel doesn't get caught.
- Be aware, loose clothing or untied shoe laces can catch.
- Reduce the size of your loads.
- Focus on the task
- Report unsafe stairs

Just a small change in our perception of the risks can save you from being another accident statistic. Using stairways safely takes only a slight shift in our behavior.



West Fraser Mills Ltd.

