

STAIRS

REDUCE THE RISK OF FALLS

Falling on stairs can cause serious injuries in the workplace and many workers overlook the risk. Injuries from falls can be serious. Possible injuries from falling on stairs include soft-tissue damage and broken bones as well as traumatic injuries.

REDUCE RISK



BC Forest Safety

Safety is good business

REDUCE THE RISK OF FALLS



MAINTAINING STAIRS

Slippery or poorly maintained treads and damaged handrails can cause workers to slip and fall on stairs. Report any stair and handrail defects to your supervisor immediately. If you notice slip resistant material peeling off stairs or if large patches are missing, report it to your supervisor. If you notice any loose or damaged treads or handrails, report it immediately to your supervisor and tag the area to notify others.

POOR LIGHTING

Poor lighting can cause people to misjudge distance or the exact location of each step.

If you work at night or in a dark area, consider the following:

- Improve lighting on steps and stairs with brighter lights or more lighting. Stairs should not have lower illumination levels than adjacent areas.
- Consider lighting that makes tread and the front edge of the step distinctly visible and does not create glare or dark shadows.

NATURAL ELEMENTS

Natural elements such as snow, rain and ice can cause serious problems as it can make stairs slippery and make it hard to see the treads of the stairs.

Consider doing the following to prevent any potential slips:

- Remove all snow and ice from stairs prior to accessing.
- Consider using salt or sand on stairs and landings.
- Wear appropriate foot wear with adequate grip.
- Always use handrails while going up and down stairs.

PREVENTING FALLS

Ways to prevent falls on stairs include:

- Maintain three point contact when going up and down stairs.
- Don't rush when using the stairs, particularly when going down the stairs.
- If stairs are darker than surrounding areas, improve the lighting.
- Never carry large objects on stairs, especially if they require use of both hands or block your view of the steps. One hand should always be free to use the handrail.
- Do not place any objects on steps.

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