



## Stair Safety

Most people have gone up and down stairs since they were old enough to walk. We were taught to be careful and “watch our step” as children, but as we grow into adults, we become less cautious and more distracted with daily life.

There are more than 12,000 deaths and 1,000,000 accidents per year because of people falling down stairs. Falls on stairs are the second most unexpected injury, following car accidents. Seniors and small children are at the greatest risk. The main causes of this frequent accident are:

- Climbing or descending while running or in a rush.
- Not holding onto the handrails.
- Missing a step.
- Not enough lighting.
- Poor housekeeping.
- Blocked vision while carrying items.

Reduce the risk of falls on stairs:

- Have one free hand to hold onto the handrail.
- Keep stairway steps free of trip hazards.
- Ensure that you can see each step by carrying fewer items in your arms.
- Keep stair carpet in good condition.
- Have light switches at the top and bottom of the staircase for better visibility.
- Avoid running and jumping from stairs.

Making stairs safer:

- Add grip tape or rubber mats to each step for better traction.
- Do not create an optical illusion by painting an intricate colorful pattern on the stairs.
- Use a runner for additional traction.

Knowing the causes and practicing the tips above can reduce your risk of falling victim to a potentially dangerous staircase.

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