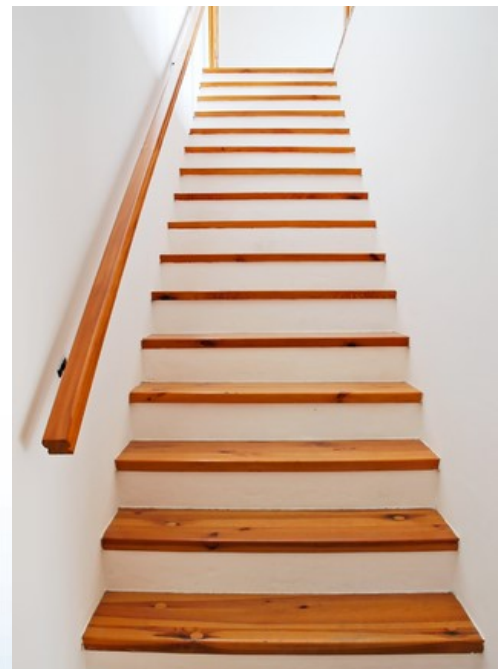


# Your Health Matters

## STAIR SAFETY

### Tips:

- Turn lights on before using the stairs.
- Have handrails on both sides of your staircase.
- Remove loose carpets or throw rugs from stair landings.
- Consider adding a non-slip surface to uncarpeted stairs (e.g. anti-skid tread, runner, etc.).
- Make stair edges stand out by marking them with coloured tape.
- The back of each step in the staircase should be closed in.
- Remove reading glasses or bifocals when using stairs.
- Go up steps leading with your stronger leg and come down steps leading with your weaker leg.
- Place your entire foot on each step.
- Wear closed-toed, closed-heeled, non-skid shoes when using the stairs.
- Avoid talking or carrying items when climbing the stairs.
- Use a laundry bag instead of a laundry basket.
- Do no rush when using stairs.



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