

*We attended a 39 year old man who was carrying some boxes down the stairs. His visibility was limited, and as he went down the stairs, he missed a step. Down he went and rolled down the remaining 5 stairs. He received a serious head injury, as well as a compound fracture in his right ankle (the bone was sticking through the skin). He needed surgery and was not able to go back to his job for 8 weeks.*

We use stairs every day. It's one of those things we take for granted, but please remember – a fall down a flight of stairs or even a few stairs can end up being a life changing experience. Here are a few tips to remember:

- *Keep the stairs in good repair, and make sure the stairway is well lit. Replace burned-out bulbs quickly.*
- *Handrails can prevent falls by helping you keep your balance. Use them. Make sure the handrail is secured properly. Will it hold your weight if you ever have to use it to prevent a fall?*
- *Good housekeeping rules apply for stairs. Keep books, shoes, toys and anything else off the stairs.*
- *Keep all carpets and plastic runners secure at all times. If a tack that was securing a runner comes out, the runner can slide and cause a fall.*
- *Make sure you can see the stairs to use them safely. Don't carry objects that will block your vision.*

One last thing, don't run when using the stairs.  
Take your time.

**THINK  
AND BE  
SAFE™** ... AT ALL TIMES!