

See



CORE



Share

# ou are being safe on the stairs Make every step count, make sure

## 01

#### POCKET THE PHONE!

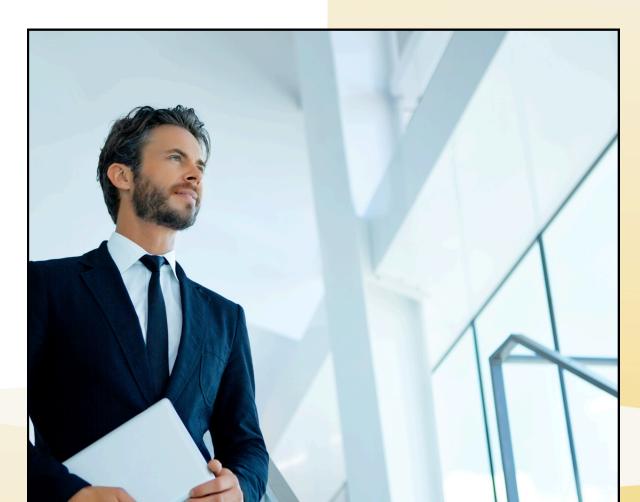
That call or text can wait. Put your phone away when walking up or down stairs.



# 02

#### **HEADS UP!**

Heading up or down keep your head up and look where you are going & have an eye out for hazards.



# 03

#### **GET A GRIP!**

Make sure you have one hand on the hand rail at all times.



## 04

#### **STAY GROUNDED!**

Be sure to place your foot on the steps evenly and maintain your balance.

