



see



care



share

# USING STAIRS 101

**Make every step count, make sure you are being safe on the stairs.**

## 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.

