

# SAFETY CONVERSATION

## SC5 - Stairs & Steps

### CUT IT OUT SLIPS, TRIPS AND FALLS

#### WHAT YOU'RE GOING TO LEARN

In this safety conversation you will learn how to avoid slips, trips and falls from stairs and steps. Falls from stairways can result in serious injuries, so let's take one step at a time and learn how to Cut Out associated risks and hazards.

#### WHAT YOU NEED TO KNOW

- **Handrail** - The vast majority of stairway falls result from a loss of balance, but a very common contributing factor is neglecting to use handrails. These are fitted for a reason, and **you should grip the handrail when going up or down stairs**. In addition to not using the handrail when on stairs, being distracted may have nasty consequences. This often happens when people use their phone or chat to their colleagues when walking up or down stairs. Temptation to use your mobile when on stairs should be resisted, just **leave your mobile securely in your pocket or bag**. You will soon be up or down the stairs, where you can safely make your call.
- **Carrying Items** - You should use extra caution on stairs, **don't rush or hurry!** If possible, use the lift and avoid carrying boxes or other large items on stairs. If items do need to be carried on stairs, you should **limit the load**, keeping one hand free with which you can **grip the handrail**. You might have to make multiple trips, but you will be much safer and fitter!
- **Housekeeping and Maintenance** - Good housekeeping is also vital to stair safety. Nothing should be sticking out from the surfaces of stairs, handrails or banisters (like nails or splinters), that could cause a fall. When you notice any spills, wet spots, or debris don't ignore them, just clean them up immediately. Visibility on stairs is very important, so **when you notice any broken or malfunctioning lighting report it to your manager**, so it can get fixed.

#### FOLLOW RULES

- Use handrails when travelling on stairs and avoid carrying objects with both hands
- Do not carry bulky objects that block your vision



#### BE MINDFUL

- Don't store any materials on stairs
- Clean up the spillages or any debris immediately



#### SPEAK OUT

- Any disrepair or damage to stairs or handrail should be reported
- Stop any unsafe behaviours or report them to your manager



#### GET INVOLVED

- Discuss your ideas on how to improve safety on stairways
- Promote safe behaviours when using stairs



#### PUTTING WHAT YOU'VE LEARNT INTO PRACTICE

Some of the incidents on stairs can be caused by inattention and unsafe behaviour.

- Give at least five examples of unsafe behaviour when using stairways.
- What would you do if you noticed someone using the stairway in an unsafe manner, such as carrying too much down a set of stairs or taking more than one step at the time?