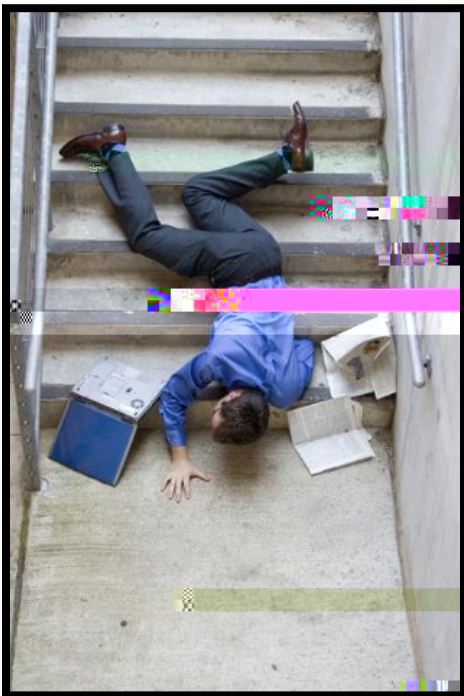


## INJURY STATISTICS

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A September 2017 study by the *American Journal of Emergency Medicine* reported that more than 1 million Americans injure themselves on stairs each year. Falls on stairs are the second most unexpected injury, following car accidents. The main causes of falls on stairs are:

- Climbing or descending while running or in a rush.
- Not holding onto the handrails.
- Missing a step.
- Taking 2 steps at a time.
- Inadequate lighting.
- Poor housekeeping.
- Blocked vision while carrying items.
- Eyes not on path/looking at a cell phone.



## HOW TO REDUCE THE RISK OF A FALL

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- Have one free hand to hold onto the handrail. You may need to make multiple trips or get assistance.
- Keep stairway steps free of trip hazards.
- Ensure that you can see each step by carrying fewer items in your arms.
- Keep stair carpet in good condition.
- Have light switches at the top and bottom of the staircase for better visibility.
- Avoid running and jumping from stairs.
- Don't read or send text messages while using stairs.
- Regularly inspect handrails and runners make they are tight and in good condition.
- Add grip tape or rubber mats to each step for better traction.
- Do not create an optical illusion by painting an intricate colorful pattern on the stairs.
- Use a runner for additional traction.

## WHAT IF I HAVE OTHER QUESTIONS?

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Contact the Dept. of Environmental Health & Safety at X4804.