

# Safety on Stairs

Expert Advice from Cove Risk Safety Services

Safety  
Awareness  
For  
Everyone



## Do you have safe stairs and stairwells?

The following are recommended **best practices**:

- Always use handrails when ascending or descending stairs.
- Create visual awareness by painting each step yellow or by applying high-visibility (yellow) grit-surfaced treads at the edges of each step (2-3”).
- Inspect steps often to ensure they are in good shape and free of clutter.
- Do not allow yourself to be distracted while on stairs.
- Do not congregate or have stopped discussions with others while on stairs.
- Keep stairs well lit — inspect for this regularly.
- Watch where you are going.
- Avoid carrying items that block your view of the steps.
- Keep one hand on the handrail at all times.
- Take one step at a time.
- Damaged steps, treads or misplaced items are major factors in trips. Inspect for this regularly.
- Use good judgment with regard to footwear while on duty. Adhere to all company policies regarding treads, shoe type, and heels. Keep footwear in good condition and appropriate to the stairs you travel on, including outside stairs.
- Do not rush or run.



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Not intended to constitute legal advice; for informational purposes only. You should consult an attorney before implementing an employee safety program.

*Safety Services is a Member Benefit*