

Stairway Safety

Stairways contribute to a large number of injuries and fatalities among construction workers. Non-compliance with regulations, poor maintenance and poor housekeeping on stairways create slip, trip, and fall hazards that can result in accidents and injuries. In addition, unsafe acts are another contributing factor to stairway incidents. When using stairs, always use caution, be aware of surroundings, and use safe work practices.

Some of the most common causes of stairway incidents in the workplace are due to workers not paying attention, being in a rush, not watching their footing, and being distracted. Some common examples of distractions while on stairs include:

- Talking on a phone
- Checking the time
- Reading
- Talking with a co-worker

One of the most “at risk” behaviors while using stairs is that of carrying a load. Carrying a load with both hands while going up or down the stairs should always be avoided. This is dangerous for many reasons:

- Your attention is focused on balancing the load.
- Your vision is obstructed, and you can’t see the stairs in front of you.
- Your hands are too full to grip a handrail.

You could lose your footing.

Another dangerous behavior is to ignore the use of handrails while on stairs. The concept of the handrail is basic: if you slip, trip or begin to fall while descending a stairway, grabbing the handrail can break your fall and save you from serious injury. Always use handrails.

Another contributor to stairway incidents is unsafe conditions. Always be aware of stairway conditions and report unsafe conditions right away. Some examples include:

- Slippery surfaces such as snow, ice, water or grease
- Tools, materials, or debris sitting on the steps
- Loose or missing parts

Everyone should take the following precautions when stairways are used in the workplace:

- Always use handrails when ascending or descending any stairway.
- Be cautious of environmental conditions such as ice, snow, or rain accumulation that may build up on the stairway.
- Stairs must be kept clean and free of trash, debris, and anything that could cause the steps to be slippery.
- Never use stairways or landings as a storage place, even temporarily.

Only take one step at a time when ascending or descending the stairway and do not rush.

Additional Topics: _____

Notes: _____

Meeting Date: _____
Conducted By: _____

Attended By:

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