

# Prevent slips, trips, and falls on stairs



- Hold the handrail to help keep your balance.
- Keep your phone in your pocket to free up your hands and prevent distraction.



- Make sure you can see where you're going if you're carrying something.
- Where possible, use a cart or dolly and an elevator.



- Remove a slip and trip hazard if you can do it safely. If not, alert others and report the hazard.
- Avoid rushing, as it increases the risk of slips, trips, and falls.

**You have the right to refuse unsafe work if there are uncontrolled slip and trip hazards in your workplace.**

Visit [worksafebc.com/slips-trips-falls](https://worksafebc.com/slips-trips-falls) for more information.

**WORK SAFE BC**

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