

# Use Handrails

- Most stairway falls can be avoided
- Injuries resulting from stairways are mostly fractures and strains, painful cuts and bruises
- Handrails should be kept in good condition, be sure to report any that are loose or rough
- When carrying loads, one hand should always be free to hold the handrail
- Ensure the load does not obscure your vision so that you will not miss a step



**AVOID A FALL**



**USE  
HANDRAILS**



Ingredion