



Get a grip.

**Don't trip.
Use handrails.**



**One step at a time...
and one hand on the
rail. Step carefully
when using the stairs.**

**Slow your pace. Always use
handrails to steady yourself.
Avoid carrying large loads on
the stairs when possible.**

SFM[®]
The Work Comp Experts



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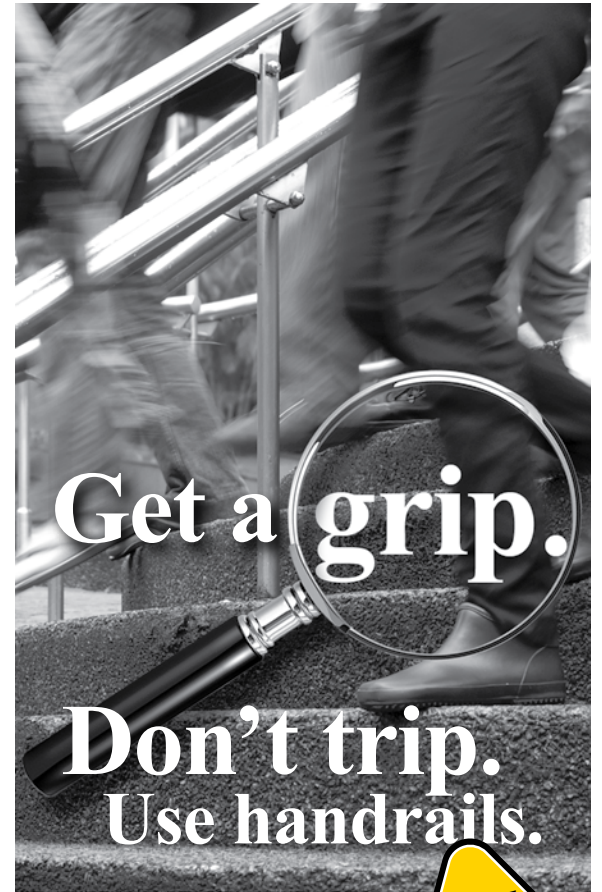
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