



MARCH SAFETY ALERT

Watch Your Step!

Several Conference employees were recently injured after missing a few steps while walking down stairs.

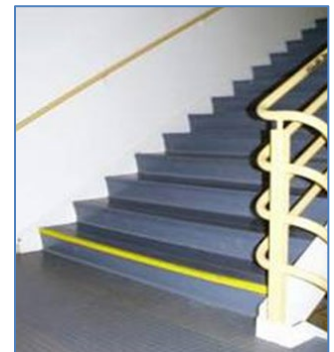
Please follow these guidelines so that YOU don't injure yourself.

- Stay focused on YOU. Nothing is more important than your safety. Give all your attention to carefully walking down the stairs.
- Use the handrail; it can save you from a fall.
- Never obstruct your vision with items you carry. Make more than one trip if you need to or ask others for help.
- Take your time.
- Avoid high heels on stairs as these can "trip you up".
- Do not text and walk anywhere, especially on stairs.



Check the stairs in your building to make sure that:

- Lighting is adequate;
- Handrails are secure;
- Leading edges (of top and bottom stairs) are marked;
- Stair surfaces are free from debris;
- Stairs are in good condition;
- No items are stored in the stairwell.



If there are any issues, correct them if you can or report them if you can't! *Take the right steps to protect yourself from injury!*

For more safety information, including access to free safety videos, visit www.susumc.org/workplace-safety.

Local churches: Please register your Safety Lead at <https://susumc.org/safety-lead/>