



## Watch Your Step!

*Falls are one of the leading causes of injuries to Conference employees, and many occur on stairs.*

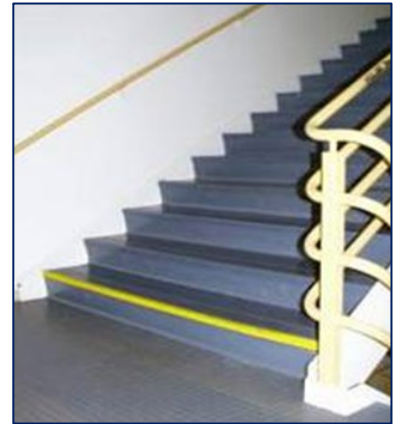
Please follow these guidelines so that YOU don't injure yourself.

- Never carry so much that you obstruct your vision.
- Make more than one trip if you need to, or ask others for help.
- Use the handrail; it can save you from a fall.
- Take your time.
- Avoid high heels on stairs as these can "trip you up".  
Wear supportive shoes with good tread.



Take a look at the stairs in your building to make sure that:

- Lighting is adequate;
- Handrails are secure;
- Leading edges are marked;
- Surface is free from debris;
- Stairs are in good condition;
- No items are stored on stairs.



If there are any issues, correct them if you can or report them ASAP! Take the right steps to protect yourself from injury!

**The Susquehanna Conference Safety Committee wants to hear from you.**

Send your safety suggestions or concerns to: [ajackson@rcmd.com](mailto:ajackson@rcmd.com)

Check out the Safety Committee Website at [www.susumc.org/workplace-safety/](http://www.susumc.org/workplace-safety/) for safety talks, safety alerts, policies/procedures, Safety Lead information, Early Childhood safety tips, recommended safety inspections, and more!