



## **SAFETY ALERT! Please Share with All Employees**

### **Watch Your Step!**

*A Church Pastor was carrying several items while walking down stairs and missed the last few steps, resulting in a fall.*

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".

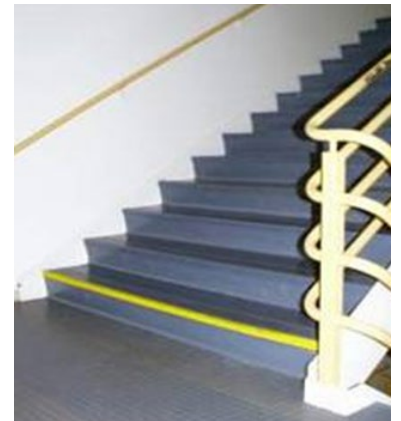


Take a look at the stairs in your building to see if:

- Lighting is adequate;
- Handrails are installed securely;
- Leading edges are marked;
- Surface is 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!

*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)*