City of Burlington Public Schools  
Burlington, New Jersey  

Preventing Falls on Stairs

The stairs can be dangerous and preventing a fall is not always an easy task. The causes of falls are varied and complex, yet there are a great number of simple and practical things that can be done to reduce the risk. Below are some strategies to help prevent falls:

➤ Be cautious, deliberate and not rushed.

➤ Hold on to the handrails.

➤ Always wear shoes that fit properly and that have a non-slip sole.

➤ Avoid being distracted when using a stairway.

➤ Make sure that your perception of the stairway is accurate, especially in beginning or ending your use of a stairway.

➤ Remove your reading glasses when you climb up or down stairs.

➤ If you have prescription eyeglasses for distance vision, always wear them when using the stairs.

➤ Take extra care when wearing bifocal or progressive eyeglasses. Adjust the position of your glasses or your head so you can see the stairs clearly.