

# Safe Stair Navigation

Oliver Bonham-Carter

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# Overview

- ▶ Importance of safe stair navigation
- ▶ Proper foot positioning on stairs
- ▶ Risks associated with poor foot placement
- ▶ Techniques for safe ascent and descent
- ▶ Hazards of distraction while using stairs

# Foot Positioning on Stairs

- ▶ Feet should be placed flat on each step for stability.
- ▶ Ensure the entire foot makes contact before shifting weight.
- ▶ Avoid placing only toes or heels on the edge to prevent slips.
- ▶ Proper alignment helps maintain balance and control.

# Walking Up Stairs Safely

- ▶ Use the handrail for support to enhance stability.
- ▶ Step with the whole foot, placing it securely before moving up.
- ▶ Maintain a steady, measured pace to avoid rushing.
- ▶ Focus on foot placement to reduce the risk of tripping.

# Running Up Stairs: Key Considerations

- ▶ Ensure proper foot alignment, centering the foot over the step.
- ▶ Pay close attention to your feet to avoid missteps.
- ▶ Maintain a consistent pace; rapid movements increase risk.
- ▶ Avoid distractions to enhance focus on each step.

# Descending Stairs Safely

- ▶ Always descend slowly; place your heel first on the step.
- ▶ Keep your body weight centered over your feet for stability.
- ▶ Utilize handrails for added support and balance.
- ▶ Be mindful of each step to prevent slips and falls.

# Hazards of Tripping on Stairs

- ▶ Inattention can lead to poor foot placement and accidents.
- ▶ Rushing increases the likelihood of losing balance.
- ▶ The risk of tripping escalates when not watching your feet.
- ▶ Awareness of surroundings is crucial for safe navigation.

# Summary and Safety Tips

- ▶ Always use handrails when available for stability.
- ▶ Maintain a steady pace; avoid rushing up or down.
- ▶ Stay focused on your feet and the steps to prevent accidents.
- ▶ Educate others about stair safety practices.
- ▶ Make stair navigation a priority to enhance safety for all.