

Wednesday, May 7, 2025

## Safety and Health Week - Day 3: Staircase and Ramp Safety

*Welcome to Safety and Health Week! All week long, Occupational Health and Safety Services will be posting health and safety information in the Communicque. Be sure to keep an eye on these posts, as there will be a chance to win a prize at the end of the week.*

Most of us walk up and down the stairs or ramps on a daily basis. These can come with inherent risks that are not present with level surfaces. Consider the following tips next time you move along a staircase or ramp:

- Remain vigilant: avoid distractions, such as using your phone.
- Ensure you provide enough space to others and avoid rushing.
- Use the right-hand side of the ramp or staircase when possible.
- Use the handrails, **particularly on staircases**.
- Avoid carrying objects with both hands or carrying bulky items that block your vision. Use a cart or elevator in these situations.
- Wear sturdy and secure footwear and keep your laces tied.
- If outdoors, be cautious of environmental conditions such as rain, ice or snow.

At Humber, we've taken great care to design and install staircases and ramps that minimize the chances of injury. However, if you notice a slip or trip hazard, you can report it through one of the following methods:

- Call 416-675-6622 ext. 4444 (Capital Development & Facilities Management)
- Call 416-675-8500 (Public Safety's non-emergency number).
- Use Public Safety's Humber Guardian App to report a hazard or near miss tip.

For support on any health and safety issues, please notify Occupational Health and Safety Services at [healthandsafety@humber.ca](mailto:healthandsafety@humber.ca).