

STAIRS

Up the stairs

Down the stairs





STAIRS

SAFETY TIPS

Safety Tips

- The person's stronger leg should lead up the stairs and weaker leg lead down; 'the good leg goes to heaven and the bad leg goes to hell'.
- Ensure stairs are in good repair, well lit and have non-slip strips on edges.
- Have a hand rail installed along the length of the stairs.

UP THE STAIRS



Stand behind the person when going up the stairs.

Always step up with the good leg first:

'The good leg goes to heaven'.

To increase safety, you can also hold the rail with one hand.



Always use a handrail where possible.

DOWN THE STAIRS

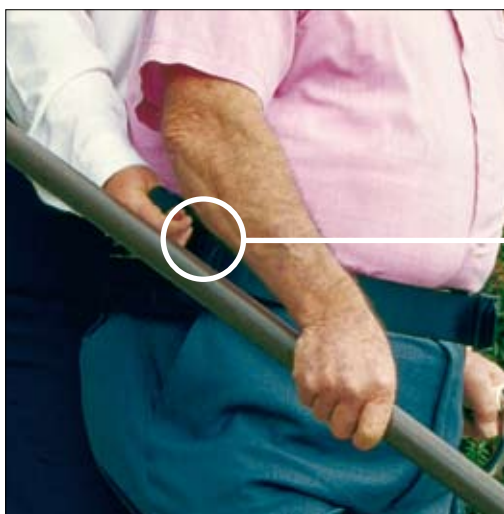


Stand in front, or at the side, of the person when going down the stairs and use a transfer sling (or transfer strap).

Always step down with the bad leg and stick (if used) first:
'The bad leg goes to hell'.

To improve your safety, you can also hold the rail with one hand. Avoid descending the stairs at the same time as the person.

If the person requires a lot of assistance, you will need two people.



Use transfer sling (or transfer strap) whenever possible.

TRANSFER SLING
(OR TRANSFER STRAP)