



You can prevent a fall



# Staying Independent

## Prevent falls from step stools

### Characteristics of a safe step stool

- The steps are deep enough to fit the length of your feet.
- The surface of each step is non-skid.
- The edge of each step is marked with a contrasting colour.
- There are side rails which extend above the top step and around to the front.
- The base is wider than the top to prevent tipping.
- The legs are sturdy and are fitted with rubber tips.



### When using a step stool

- Make sure it is the correct height and you should not be leaning forward.
- Place firmly on an even surface, free of clutter.
- Lock it into place.
- Climb facing the steps.
- Do not lean forward or stretch.
- Only reach for items that are directly in front of you.
- Make sure the step stool is appropriate for the task.
- Look for the label to be sure it is strong enough to hold your body weight.

#### Safety Tips

Never climb on a chair

Store items you use every day within easy reach

Don't hesitate to ask for help