

SAFETY AT HOME: STEPS AND STAIRWAYS

- Try to keep your stairways free from clutter and don't use your steps and stairs as storage areas.
- Use non-slip treads on step surfaces.
- If you have low vision, mark the leading edge of the first and last steps with bright paint or light-reflecting tape that contrasts with the background color of the flooring.
- If you use tape to mark your steps, change it frequently and keep it in good repair.
- A brightly colored and/or textured advance-warning strip can also indicate the presence of steps.
- In many instances, it is not necessary to adapt each step. Placing a mark or indicator on the first and last steps is usually sufficient to indicate where a staircase begins and ends.
- Keep runners in good repair, since frayed or uneven edges can create potential falling hazards.

Page 1 of 2

Brought to you by:



This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

AWARE
P.O. Box 96
Mohegan Lake, NY 10547
914-528-5120

Learn more at:
awareusa.org
visionaware.org

Join us on Facebook:
visionaware.org/facebook

Follow us on Twitter:
twitter.com/visionaware

*Don't let vision loss
keep you in the dark.*

Become AWARE!

A downloadable service brought to you by:
VisionAWARE, a Program of AWARE, with funding provided by the
National Eye Institute, National Institutes of Health.



SAFETY AT HOME: STEPS AND STAIRWAYS (cont.)

- Cover the landing areas at the top and bottom of the stairs with carpeting or non-slip material that provides contrast with the texture of the stair treads.
- If you have low vision, you can paint staircase handrails in a bright color that contrasts with the walls and flooring.
- If possible, try to make handrails continuous on both sides of all staircases and make sure that they extend from the top step to the bottom step.
- Place a tactual mark – a piece of masking tape or a rubber band, for example – on the handrail at the top and bottom of the staircase to give advance warning of steps or stairs.
- Use solid, brightly colored, and/or textured hallway or stair runners to clearly define walking spaces.

Page 2 of 2

A downloadable service brought to you by:
VisionAWARE, a Program of AWARE, with funding provided by the
National Eye Institute, National Institutes of Health.

Brought to you by:



This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

AWARE
P.O. Box 96
Mohegan Lake, NY 10547
914-528-5120

Learn more at:
awareusa.org
visionaware.org

Join us on Facebook:
visionaware.org/facebook

Follow us on Twitter:
twitter.com/visionaware

*Don't let vision loss
keep you in the dark.*

Become AWARE!

