

Points To Remember When Using Stairs

In Pregnancy



Hold onto the handrail when climbing or descending.



Make sure the staircase is well-lit.

Walk slowly and take breaks if needed.



Ensure that carpets on the stairs are tightly fixed to the floor.

Avoid climbing stairs that are wet or greased.



Avoid stairs if you are wearing an overflowing dress.

Contact the doctor if you have fallen down the stairs.

