

## What You Have to Know About Climbing Stairs

At work, do you use the stairs often? It is a kind of physical activity of moderate intensity, which is easy to do within the office setting, and thus very suitable for office workers like you. In this issue, you will learn about what to note when using the stairs.

### Before using the stairs

Note the shoes you wear to work. Those suitable for climbing stairs should have the following characteristics:

- The shoes should fit well, so that they can protect the feet and keep your paces steady when you are climbing stairs
- The shoe tip should be wide enough to enable the toes to spread, and the heels should be comfortable
- The shoes should provide good support and protection from the inside
- The shoes should not cause direct friction with the feet; for this purpose, put on socks first



### Maintain an ideal staircase



- Choose stairs with steps of a suitable height; avoid steps too high, or your knees will be forced to bend more than 90°
- Make sure the stairs are dry, clean, well-lit and well-ventilated
- Clear away objects on the staircase and make sure it is unobstructed

### Maintain good postures

- Keep your neck relaxed and upright when climbing stairs
- Keep your back straight upright to minimise pressure on the back
- Keep the shoulders relaxed, especially when holding documents or other objects; don't use the stairs when you carry heavy objects



### Correct ways to go up and down stairs



- Keep feet entirely within each step
- Tread lightly; excessively heavy tread may exert pressure on ankles and kneecaps
- Watch the steps all the time and watch out for obstacles along the staircase
- Walk slowly; take a brief rest when you feel unwell
- Avoid stairs with risers of excessive height; even if you are leaping over short risers, don't take more than one step for every stride

There are ample opportunities to use the stairs in the office area. Deliver documents to another on foot, walk to a lower floor to take the lift to the main entrance... So long as you have prepared well and walk properly on stairs, you can increase your amount of physical activity even when you are at work, and also enjoy the benefits of regular exercise. Outside the office, you can also increase volume of exercise by cutting down the use of lifts and using the stairs more often when you are travelling by public transport or when you are on the way home.

(Updated in 2018)