

Dear Family,

We are starting our study on stair safety. Did you know that research shows that a large amount of falls that result in serious injury are not caused by faulty stairs, but due to unsafe use of stairs? This is a program designed for students and families to learn the basics of stair safety and keep our homes safe. Students will learn stair vocabulary and the rules of stair safety. For more information about stairs or stair safety, please visit the Stairway Manufacturers' Association website at: <http://www.stairways.org/>.



Here are some suggested activities to complete together:

- **Help your child complete the Stair Safety Checklist.**
- Learn the Stair Safety Song
- Take a walk and look at the different types of stairs in your neighborhood.
- Find pictures of stairs in magazines, newspapers, or books.
- Create a plan for your family to follow stair safety rules.



Literature about Stairs:

On the Stairs by Julia Hofstrand Larios - Read this book and then discuss how the characters can be safe on the stairs.



SMA Student Stair Safety Kit

Glossary of Stair Vocabulary: (listed in alphabetical order)

Baluster – A vertical member used to limit the size of openings within a *balustrade* and provide support to the top of a *balustrade* or *guard* system

Balustrade – A system of *rails, posts, balusters, or other ornamental components* used to separate two areas

Building Code – Rules used to make sure that buildings are safe to use and live in.

Flight – An uninterrupted series of *stairs* or *steps* from one *landing* to the next

Guard – A system of *rails, posts, balusters, or other ornamental components* used to minimize falls from elevated walking surfaces and the sides of stairs

Handrail – A sloped or horizontal *rail* intended for grasping by the hand as an assist for; guidance, support, pulling, or arresting a fall

Landing – The space at the top and bottom of a *flight* at a floor level or between flights to provide clear approach, a place to turn, or provide a resting place.

Nosing – The leading edge of the *tread*

Post or Newel – A vertical support member of a guard or balustrade system that connects the balustrade/guard to the stair or floor

Rail – A sloped or horizontal member of a balustrade

Riser – The vertical component of a *step* filling the space between the *treads*

Square – A tool with a square corner used by stairbuilders and carpenters.

Stair – 1. A *step* or change in elevation of one *riser* height, 2. A unit segment of a *flight*, consisting of a *riser* and a *tread*

Stairway – One or more *flights* of *stairs*, with the necessary *landings* and *platforms* connecting them, to form a continuous and uninterrupted passage from one level to another

Step – 1. A change in elevation of one riser height to a floor or landing without a tread, 2. A unit segment of a *flight* consisting of a *riser* and a *tread*

Tread – The horizontal part of a *stair* upon which the foot is placed

Winder - A *tread* with nonparallel edges

*Highlighted terms are emphasized in the stair safety kit instructions.



My Stair Safety Checklist

Draw a  around your face.



The stairs are well lighted with a light switch at the top and bottom.



There is a handrail on one or both sides of the Stair.



I can reach and use the handrail to feel help me use stairs safely.



The stairs are clear to walk and free of clutter.



I know I should take time to be careful when using the stairs.



I know it is not safe to play on the stairs.

