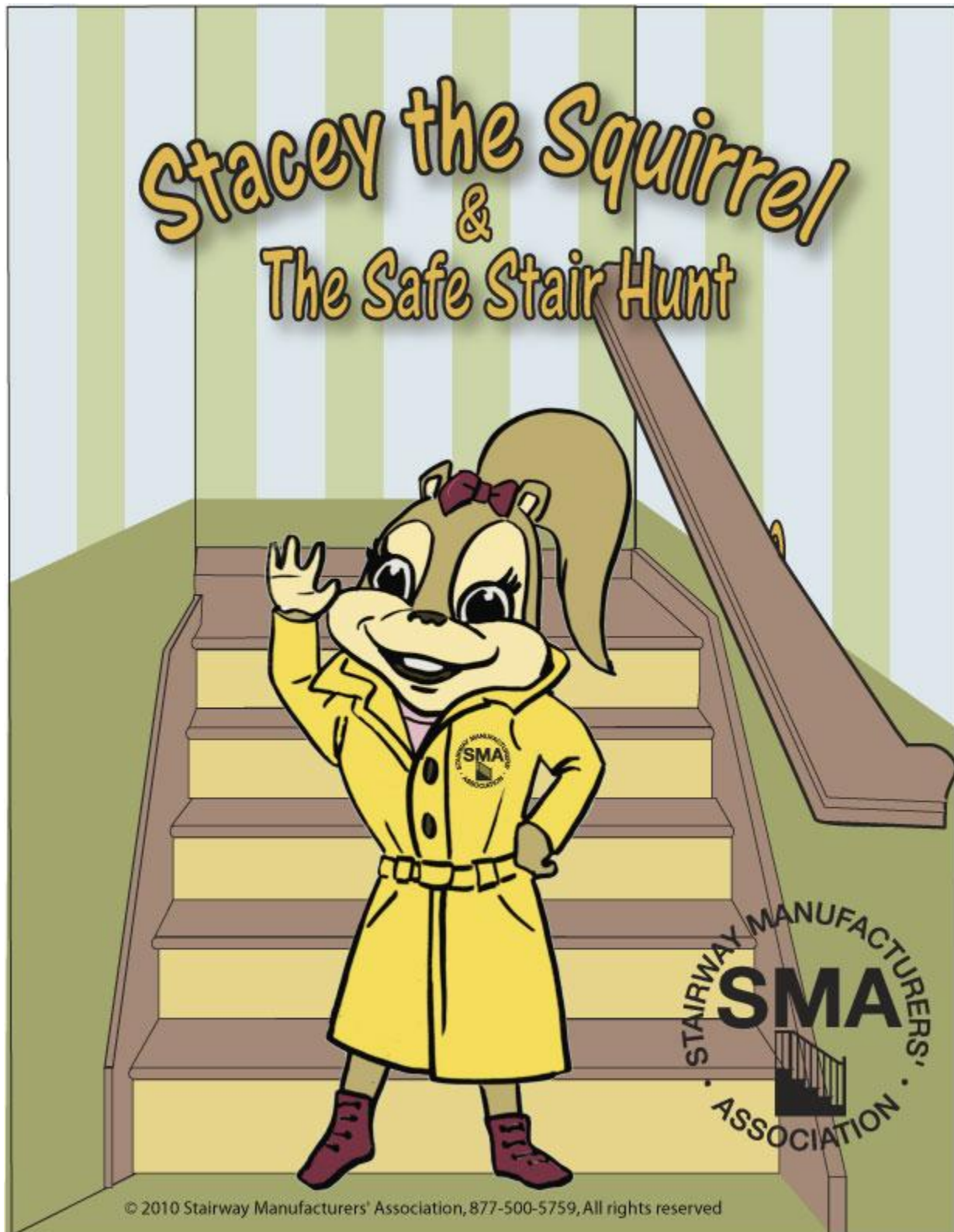


## Teachers Guide for Pre-Primary/Primary Classes





# Stairway Manufacturers' Association Stair Safety Program

## Teachers Guide for Pre-Primary/Primary Classes

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## **Introduction to Teacher's Guide for SMA Student Stair Safety Program**

### ***Dear Educators:***

Preprimary thru Elementary age children and our elderly are within the two demographics with the highest incidence of stairway related injuries, most of which happen in the home. The Stairway Manufacturers' Association members are professional stairbuilders and stair part manufacturers dedicated to reducing stairway accidents through building code reform and education of the industry and the public. This program is part of that effort and presents an opportunity, which you as educators can compliment and reinforce, as our children develop habits essential to life safety. Learning these important lessons will enable them to "Use Stairs Safely" within the built environment and to transfer their knowledge to others by example.

This program has been developed by a team of elementary educators and stair professionals and has been classroom tested. We invite your comments and critique to help us improve the program and to learn of the needs of our students and school systems. To contact us simply email [SMA@stairways.org](mailto:SMA@stairways.org).

You will find additional information related to stairways and the industry at [www.stairways.org](http://www.stairways.org).

### ***What*** is the SMA Student Stair Safety Program?

- This is a program designed for students that can be customized for students of any age to introduce them to the basics of stair safety.
- The curriculum includes downloadable graphics, lesson plans, coloring/activity book, basic mathematic materials and introduction to stair codes.

### ***Why*** spend classroom time focusing on stairs and stair safety?

- According to the Home Safety Council's national report on home injuries, the State of Home Safety in America™ (2004), falls accounted for nearly one-third of all unintentional home injury deaths each year. Falls from stairs and steps were the second leading cause of death due to falls.
- Research has shown that the largest percentage of the falls that result in serious injury are not the result of faulty stair design regulated by building code but rather stairs that are in poor condition or unsafe stair usage that we might significantly affect through education.
- Not only do stairs present a significant safety risk, but they also present a hands-on learning opportunity for students of all ages to be involved in learning measuring and mathematics.

### ***When*** should you introduce stair information into the curriculum?

- National Building Safety Week is the second week of May. Spending a day discussing stair safety could be combined with other areas of building safety, such as fire awareness.
- For pre-school or kindergarten students, stair safety can be introduced when discussing other topics starting with the letter "S."
- For older students, stair safety can be included in a cross-curriculum study, combined with lessons in fractions, basic geometry, introduction of the metric system, or practical design of stairs.



## SMA Student Stair Safety Program Pre-Primary/Primary Level

**Time: 20 minutes**

### **Materials:**

- Downloadable graphics from SMA website
- Optional: stuffed animals
- Copies of SMA Student Stair Safety Program Activity Guide, one per student.
- Optional: Downloadable SMA Safety Kit, one per student.

### **Learning Objectives:**

- Students will be able to identify the following unsafe stair situations: unlit stairs and cluttered stairs.
- Students will be able to demonstrate and/or identify the following safe stair behavior: holding the handrail, not playing on or near stairs, and walking slowly on the stairs.

### **Procedures:**

#### **Introduction:**

Ask, by a show of hands, the students how many students have stairs in their homes. Ask if any of them have ever fallen down the stairs. Invite them to share some experiences about falling down the stairs, or share an experience of your own. Ask students if they are ever afraid of walking up or down stairs, and if so, what makes them afraid of the stairs.

#### **Lesson:**

Introduce Stacey the Safety Squirrel, either with the downloadable graphics or use a squirrel stuffed animal or puppet. Stacey will teach the students about Sam, her friend that fell down the stairs and now needs to learn the safe way to use the stairs. (You can refer to the student guide for more detailed story ideas, if necessary.)

Story Graphic Pg 2—**clear the Path** Stacey tells Sam that he needs to make sure that the stairs remain clear of all clutter.

Story Graphic Pg 3—**Light the Way** Stacey tells Sam that he should always turn the light on before he goes up or down the stairs.

Story Graphic Pg 4—**Hold the Rail** Stacey tells Sam that it is important to always hold the rail when he is going up and down the stairs.

Story Graphic Pg 5—**Do Not Play** Stacey tells Sam that it is important never to play on the stairs.



Story Graphic Pg 6—**Keep Your Hands Free** Stacey tells Sam that even though you have to carry things up or down sometimes, it's always important not to carry too much, especially not so much you can't hold the rail or see where you are going.

Story Graphic Pg 7—**Take Your Time** Stacey tells Sam that he should never run up or down the stairs.

Song Graphic Pg 8— each of these phases fit together into a song to help the students remember what they have learned about stair safety. Sung to the tune of "London Bridge"

**Clear the path and  
Light the way  
Hold the rail  
Do not play  
Keep your hands free  
Take your time  
Use stairs safely**

### **Wrap Up:**

Ask students who previously shared stories about falling down the stairs if they think they would be safer now, following what Stacey taught Sam. Sam feels safer now, and he's not afraid to go up or down the stairs any more. Distribute the Student Program Guides, and show them how they can use them to go home and make sure that the stairs in their homes are safe.

### **Optional Supplemental Activities:**

- Contact a local stair builder and ask them to visit your class to discuss his trade. The SMA can help you contact a local stair builder.
- Find pictures of various architectural stairs and discuss how they are the same and different. Discuss how some may be safer than others.
- Provide the "My Stair Safety Checklist" for students to take home and discuss with their families.
- Use the SMA Stair Safety Kit in class and discuss results.



**Glossary of Stair Vocabulary:** (Listed in order of understanding, essential terms highlighted)

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

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

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

**Winder** - A *tread* with nonparallel edges

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

**Nosing** –The leading edge of the *tread*

**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*

**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*

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

**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.

**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

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

**Rail** – A sloped or horizontal member of a balustrade

**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

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

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

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

**\*Highlighted terms are emphasized in student materials.**



**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

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**Winder** - A *tread* with nonparallel edges

\*Highlighted terms are emphasized in student materials





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)

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

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**\*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.

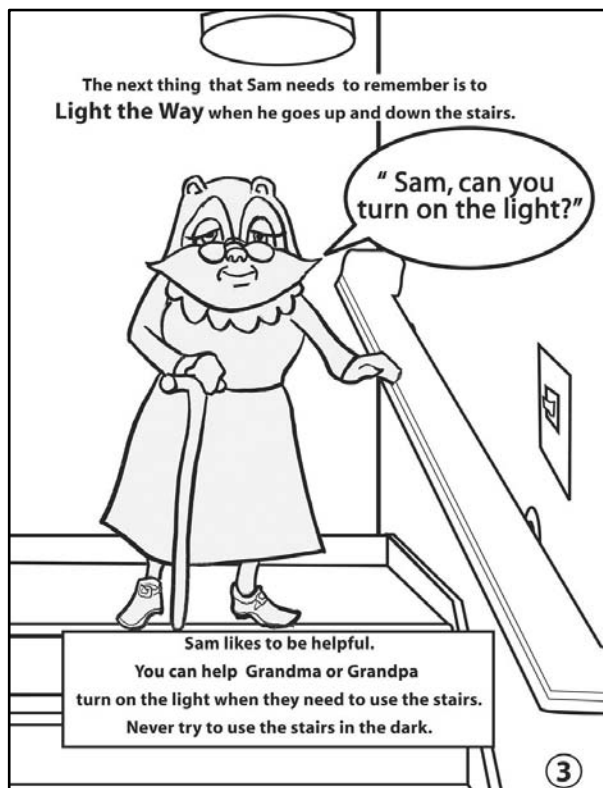
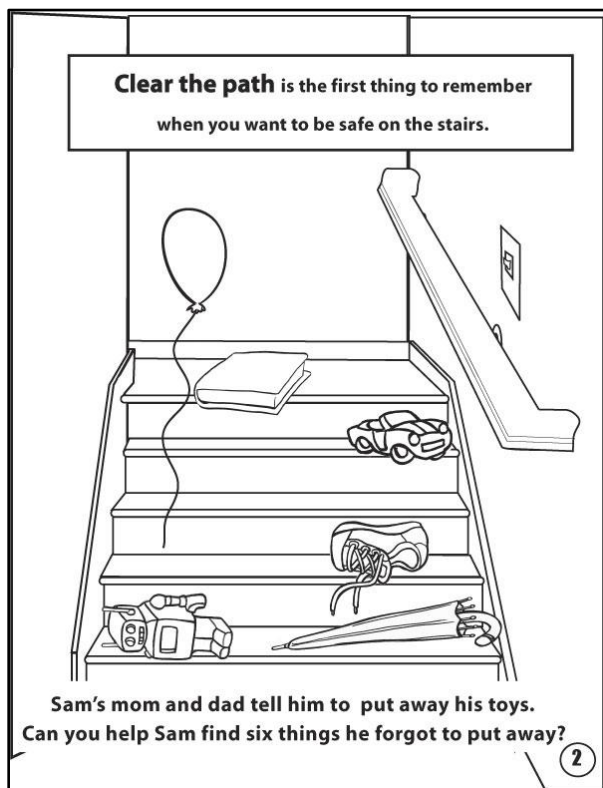
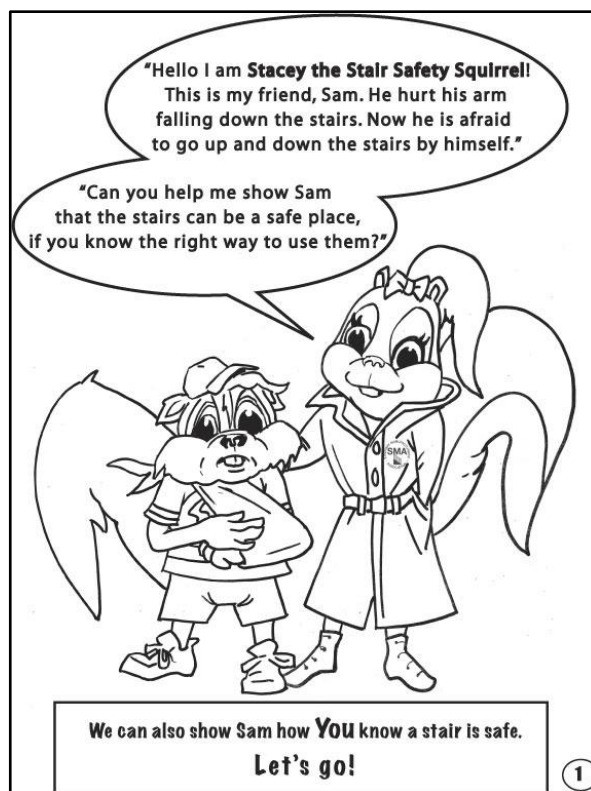
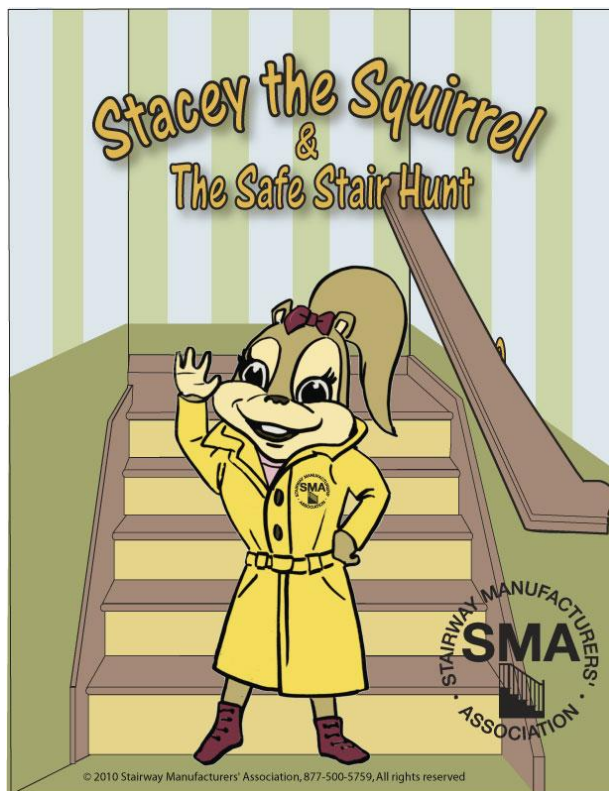


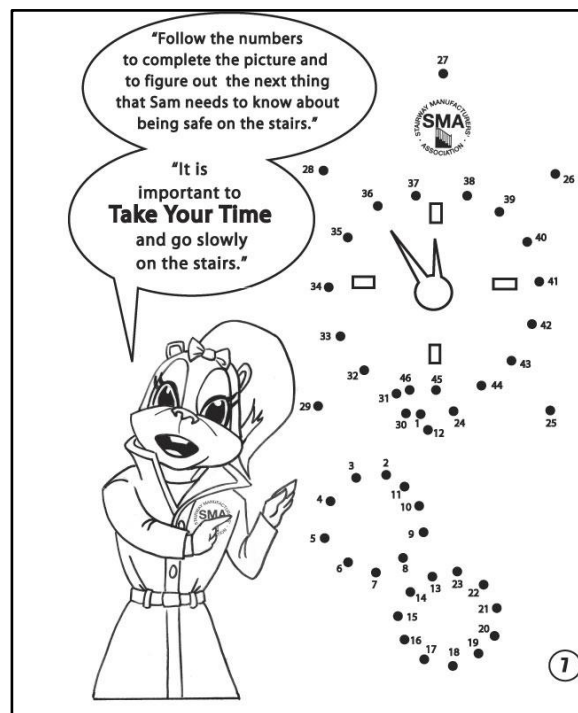
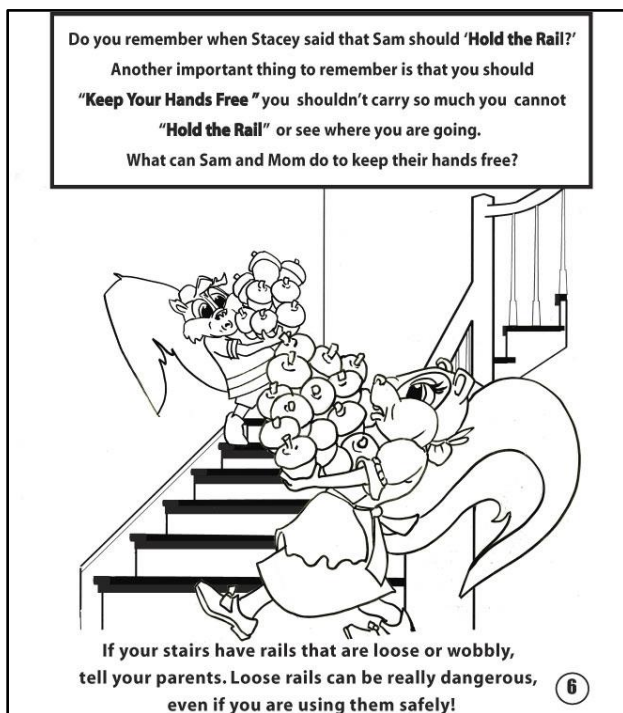
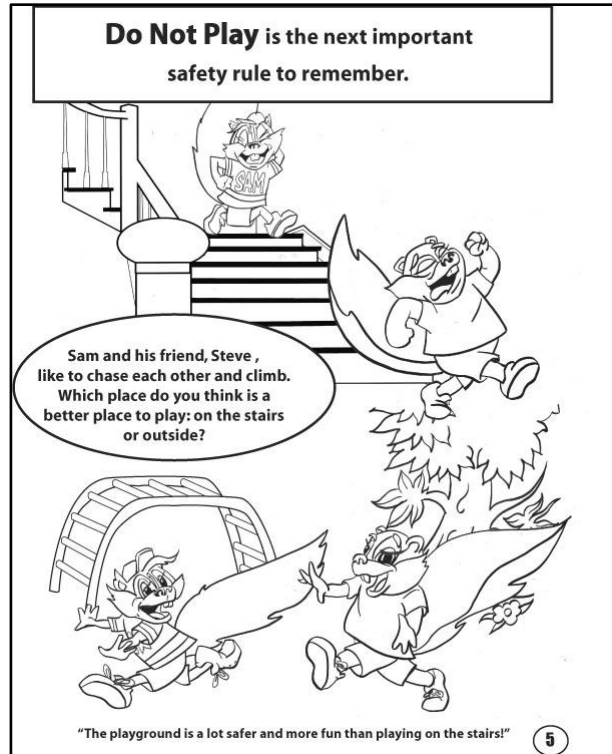
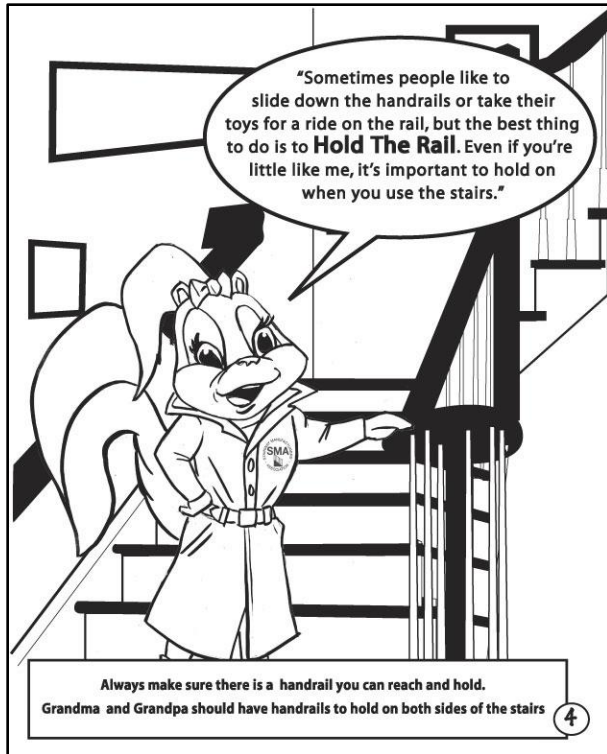
I know I should take time to be careful when using the stairs.



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





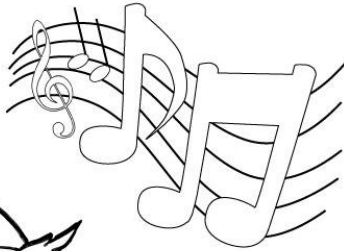




**Sam is so happy you helped him learn these special safety rules. He's ready to use the stairs again. He has even made a song about them. Can you sing it with him?**

(to the tune of "London Bridge")

Clear the path and  
Light the way  
Hold the rail  
Do not play  
Keep your hands free  
Take your time  
Use stairs safely



8



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NOTES: