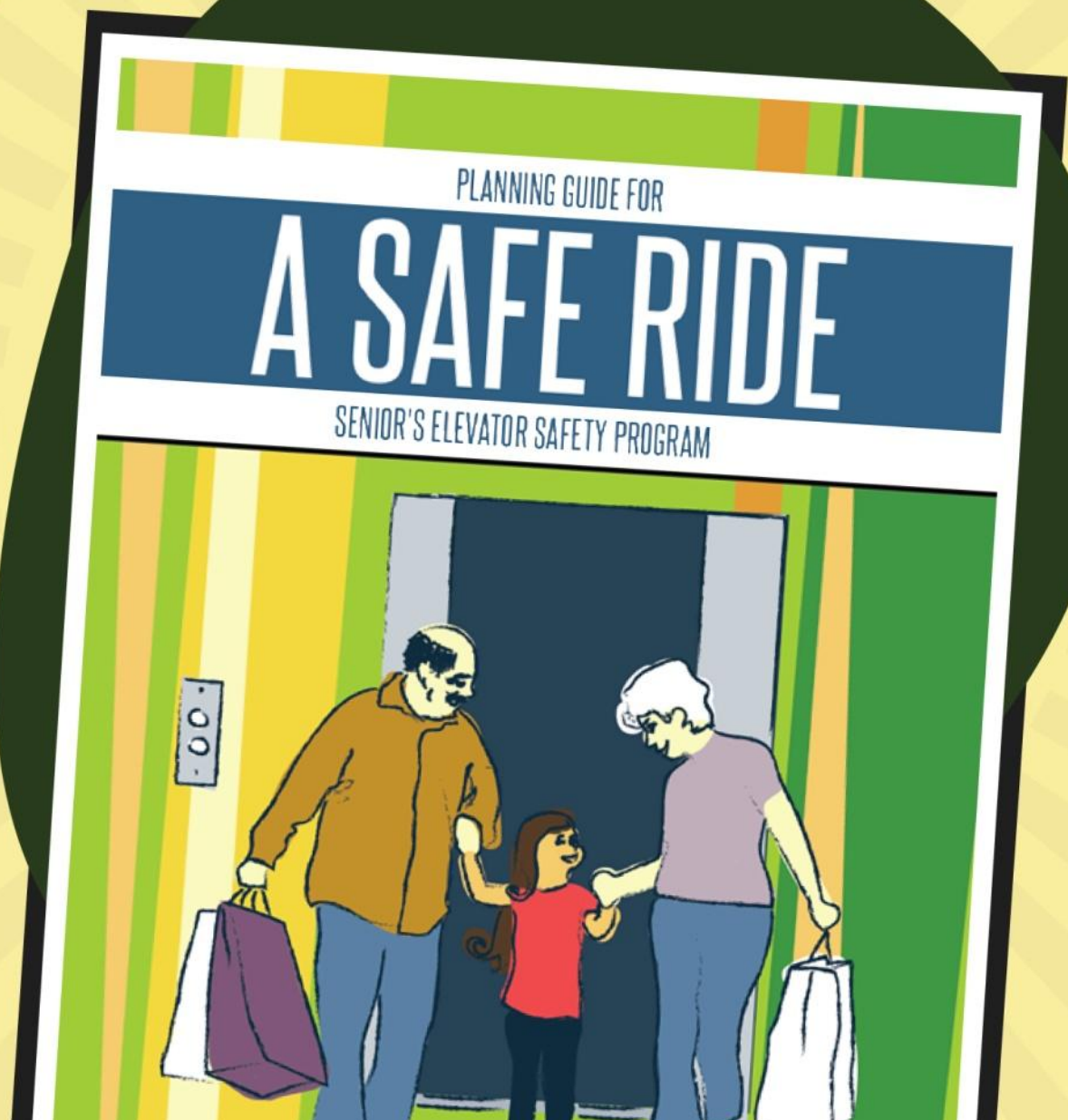


# SAFETY FOR OLDER ADULTS

“A Safe Ride” Elevator Safety Program for Seniors



## A Note of Thanks

### Elevator Escalator Safety Foundation | Elevator Escalator Safety Foundation of Canada

In 1991, the Elevator Escalator Safety Foundation began a program to reach thousands of second graders each year. Since then, we have broadened our programs to send safe rider messages to adult audiences in the U.S. and Canada; starting with this workbook for senior citizens. We hope you, your family and your friends will find our information helpful.

### National Safety Council

1121 Spring Lake Drive  
Itasca, IL 60143  
Phone: 708.775.1121  
[www.nsc.org](http://www.nsc.org)

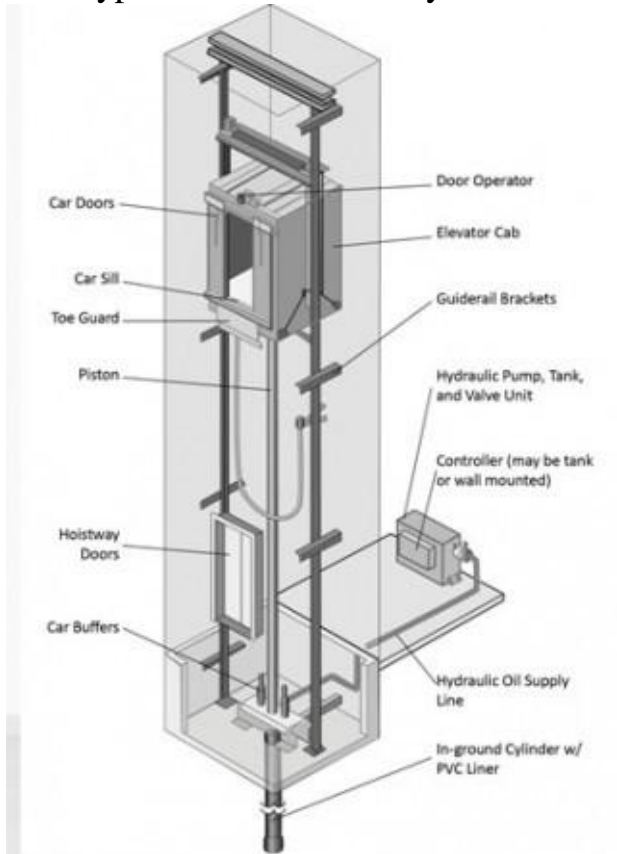
Since 1913, the National Safety Council has been protecting life and promoting health in the workplace, the home and the community. We are pleased to participate in producing this safety program.

Additional programs offered by the Elevator Escalator Safety Foundation on elevator and escalator safety.

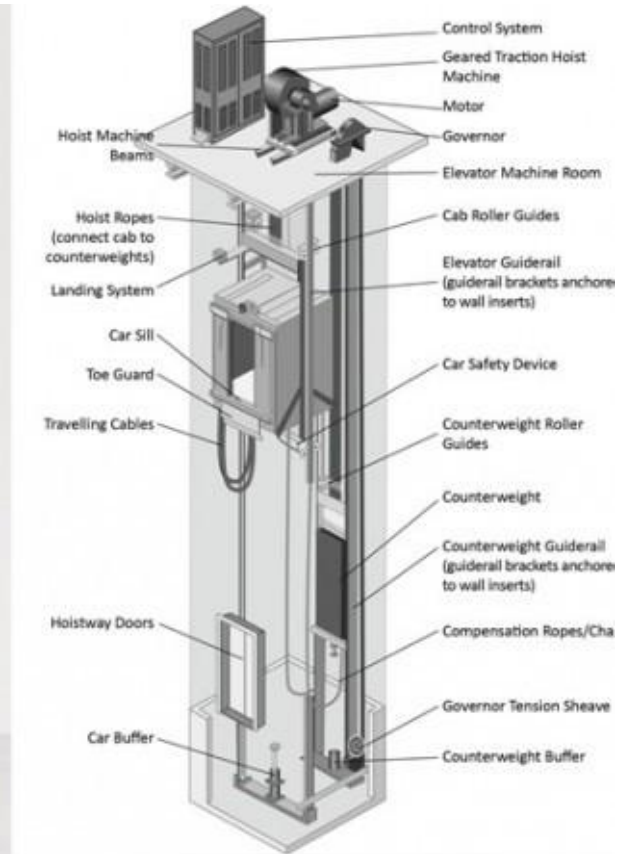
- A Safe Ride® | A program designed for the general public. Printed materials for specific and general audiences as well as kits for group presentations are available.
- Safe-T Riders© | [www.safetyriders.com](http://www.safetyriders.com) (Interactive Game Website) — A program designed for 2nd grade students and children; components include a teacher's guide, poster, video, activity sheet, tests, certificates and stickers. Offered free to any elementary grade classroom that requests it.
- Rise Up Safe Rider© | A program focused for colleges/universities/airports and transit systems. Downloadable fill in posters, flyers and also includes an audio PSA, guide book and is available online.
- National Elevator Escalator Safety Awareness Week | An annual celebration the second full week of November. The week highlights elevator and escalator safety and the contributions of the industry toward improving the quality of life. A planning guide is available with details and suggestions for celebrations.

## Built to Last

There are an estimated 660,000 elevators in the U.S. and Canada that move approximately 325 million riders each day. Elisha Graves Otis designed the first safe passenger elevator in 1853, and today's elevators are designed to be safely used by anyone. Statistically, elevators are even safer than stairs. There are two main types of elevators. They are described and illustrated below.



**Hydraulic Elevators** - a configuration where hydraulic cylinder(s) are used to raise and lower the car. Hydraulic systems are typically limited to buildings that are three stories tall or shorter.



**Traction Elevators** - a motor driven configuration where cables are attached to the car and looped over a drive sheave to a counterweight. The counterweight is located in the hoistway and rides a separate rail system.

## Hydraulic Elevator

Moves the elevator car by pumping oil in and out of a steel cylinder — like the auto lifts in a car repair

## Traction Elevator

An electric motor moves the enclosed car and a counterweight between steel tracks. This car is suspended by a series of steel cables wrapped around a rotating drive which makes the car go up and down. Any single cable can support many times the weight of a fully loaded car.

## Safety and Health Test

Be aware of health conditions that could contribute to falls and other accidents. Check the appropriate answer for you that apply.

	Could be Better	Very Good
Eyesight	<input type="checkbox"/>	<input type="checkbox"/>
Hearing	<input type="checkbox"/>	<input type="checkbox"/>
Mobility, balance	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Do you wear bifocals or prescription glasses?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take any medicine that affects your eye sight, mobility or balance?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a medical condition that affects	<input type="checkbox"/>	<input type="checkbox"/>
Do you use a cane, walker, scooter or wheelchair?	<input type="checkbox"/>	<input type="checkbox"/>

*If you check any items under **Could be Better** or **Yes**, be extra careful when using any elevator, escalator or moving walkway.*

## Elevator Safety Tips

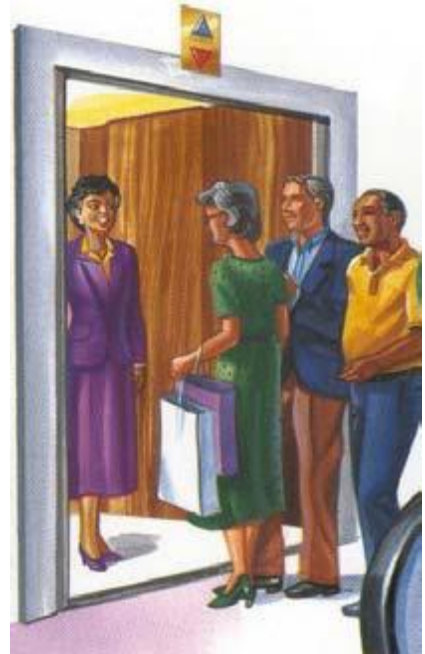
*Follow these safety tips and enjoy a safe ride!*

### When you approach the elevator

- Know your destination. Push the **Up** or **Down** button for the direction you want to go.
- Stand aside for exiting passengers.
- Wait for the next car if the elevator is full.
- Don't try to stop a closing door with anything including hands, feet, canes, etc. Wait for the next elevator.
- Take the stairs if there is a fire in the building.

### When you leave the elevator

- Enter and exit carefully. Watch your step.
- Hold children and pets firmly.
- Wait for the next car if the elevator is full.
- Stand clear of the doors— keep clothes and carry-ons away from the opening.
- Push and hold the **Door Open** (◀▶) button if doors need to be held open, or ask someone to push the **Door Open** (◀▶) button for you.

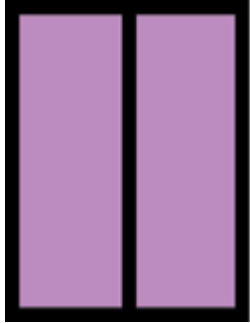


### When riding the elevator

- Stand back from the doors.
- Hold the handrail, if available.
- Pay attention to the floor indications.
- If doors do not open when the elevator stops, push the **Door Open** (◀▶) button or the alarm button or the telephone button for assistance.

## Open Sesame – Test Your Knowledge!

Next to each number write in the appropriate letter matching the message to the graphic.



1. \_\_\_\_\_

**A** | Push and hold the **Door Open** (◀▶) button if doors need to be held open, or ask someone to push the **Door Open** (◀▶) button for you.

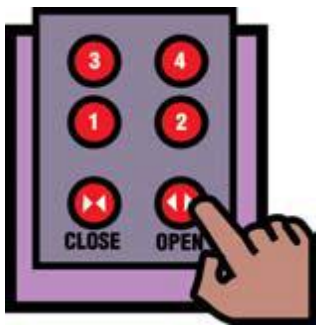
**B** | Don't try to stop a closing door with hands, feet, canes, etc. Wait for the next elevator.



2. \_\_\_\_\_

**C** | Take the stairs if there is a fire in the building.

**D** | Enter and exit carefully. Step up or down if the elevator floor and hall floor are not level. Step over the threshold.



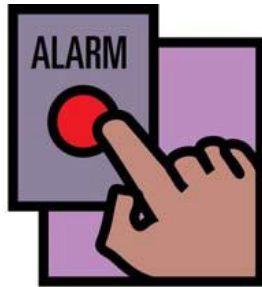
3. \_\_\_\_\_



4. \_\_\_\_\_

## A Brief Delay – Protect Yourself!

If the elevator stops and the doors do not automatically open try to press the door open button first. If this doesn't work take the following steps.



**Push** the **Alarm** button to call for assistance. This will ring an alarm bell signaling to those in the building you need help.



**Phone** for help by pressing the phone pushbutton. Once pressed it should automatically dial an emergency contact number for assistance. Follow instructions for their use.



**Pry not!** Do **not** force open the elevator doors. Do **not** attempt to leave the elevator.



**Patience**, please. You are safe and there is plenty of air. So relax and wait for help.

## Elevator Trivia

Know the facts. Be a safe rider. Find the one incorrect statement below.

- |    | True                     | False                    |   |
|----|--------------------------|--------------------------|---|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | An elevator can be safely used by anyone — including someone in a wheelchair.                           |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | The first safe passenger elevator was designed by Elisha Graves Otis in 1853.                           |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | The best way to get help in an elevator is to yell loudly.  |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | If an elevator stops between floors, you should activate the alarm button and wait in the car for help. |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Millions of people ride elevators everyday in North America.  |
| 6. | <input type="checkbox"/> | <input type="checkbox"/> | It is never wise to stop an elevator door with your hands.  |
| 7. | <input type="checkbox"/> | <input type="checkbox"/> | If there is a fire in the building, take the stairs.  |

*Answers: 1. True / 2. True / 3. False / 4. True / 5. True / 6. True / 7. True*

---

## Spread the Word

List 3 things you learned and 3 people with whom you can share information on elevator safety.

---

---

---

---

---

---

---

---

---

---



## Escalators

There are over 33,000 escalators in the U.S. and Canada moving an estimated 90 billion passengers annually or 245 million passengers a day. The first escalator was designed by Jesse Reno in 1892. Originally, the escalator steps were made of wood. Statistically, escalators are safer than stairs. The number one type of escalator accident, as with stairs, is losing your balance and falling.

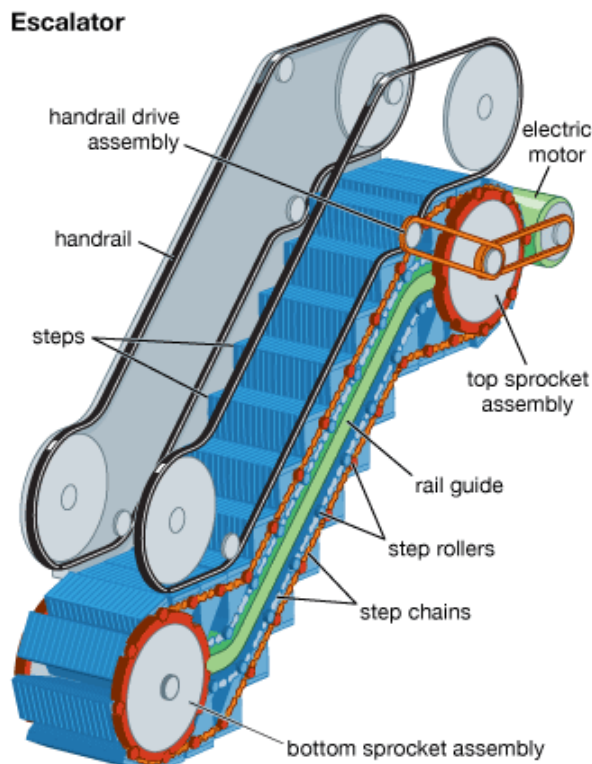


Fig. A. Diagram of how an escalator works

Emergency Stop Buttons can be located in a couple of different locations. Higher up where you can see them and on older units down below where they are more difficult to get to. In the event that someone needs help on an escalator help direct others to stop the unit by pressing the button.

Escalators have been designed with your safety in mind. Take a close look at the safety features built into all escalators.

The handrail and moving steps are designed to move at the same rate to help people keep their balance.

Handrails extend several feet into the entry to help passengers adjust to the correct speed before stepping on.



Brakes and a shutoff are automatically activated if the speed is too fast or too slow.

If there is an emergency push one of the Stop buttons located at the top or bottom landings of the escalator (at handrail or floor level).

Check to find the emergency stop button the next time you ride.

---

Where do you encounter escalators in your daily or weekly routine?

---

---

---

---

---

---

---

---

## Escalator Safety Tips

*Follow these safety tips and enjoy a safe ride!*

### Before entering escalators:

- No canes, walkers or wheeled vehicles.
- Don't ride barefoot or with loose shoelaces.
- Check the direction of the moving steps.

### When entering escalators:

- Step on and off promptly. Take extra care if you are wearing bifocals.
- Hold children or small packages firmly with one hand.
- Grasp the handrail as you step promptly onto the moving step.

### When riding escalators:

- Stand toward the middle of the step — away from the sides, and face forward.
- Keep loose clothing clear of steps and sides.
- Keep a firm grip on the handrail
- Reposition your hand slowly if the handrail moves ahead or behind the steps.
- Don't rest your handbag or parcels on the handrail.
- Pay attention. Don't window-shop while riding.
- Don't lean against the side.

### When exiting escalators:

- Don't hesitate. Step off promptly.
- Immediately move clear of the escalator exit area — don't stop to talk or look around. Other passengers may be behind you.

*These same safety tips apply to moving walks.*

## Easy to Be Safe

You can help avoid accidents by using an elevator under certain conditions.

Put an X through the boxes below which show people who should **NOT** be using an escalator and who should use an elevator instead.



**X = USE AN ELEVATOR INSTEAD OF ESCALATOR**

## Safety and Health

*Be aware of certain conditions and circumstances under which you should never use an escalator.*

Do you use a walker, cane or wheelchair?

Yes  No

Are you unsteady on your feet?

Yes  No

Do you take any medication that affects your eyesight, mobility or balance?

Yes  No

Do you have a medical condition that affects your eyesight, mobility or balance?

Yes  No

If you checked any items **Yes** — take an elevator instead of riding on an escalator or you may fall.

*There are occasions under which you must be extra careful when riding an escalator:*

- If you wear bifocals.
- When you are riding with young children.

**Never ride an escalator if you are wearing loose or long clothing or if you do not feel steady on your feet.**

## Escalator Trivia

*Know the facts. Be a safe rider. Find the one incorrect statement below.*

### True False

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Statistically, there are fewer accidents on escalators than on stairs.                       |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. The first escalator was designed by Jesse Reno in 1892.                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. In an emergency, anyone near the escalator can press the <i>Stop</i> button.                 |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Originally, escalator steps were made of plastic — not metal.                                |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. If someone is using a walker or a cane, he or she should use an elevator — not an escalator. |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. As you exit an escalator, you should step off promptly and move clear of it at once.         |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Never balance a large package on the handrail of an escalator.                               |

*Answers: 1. True / 2. True / 3. True / 4. False / 5. True / 6. True / 7. True*

## Spread the Word

*List 3 things you learned and 3 people with whom you can share information on elevator and escalator safety.*

---

---

---

---

## *Disclaimer*

*Although the information and recommendations contained in this publication have been compiled from sources believed to be reliable, the National Safety Council and the Elevator Escalator Safety Foundation make no guarantee as to, and assumes no responsibility for, the correctness, sufficiency or completeness of such information or recommendations. Other or additional safety measures may be required under particular circumstances.*