



# Safety in Schools Week

## June 13th to 17th 2005

Kidsafe WA

### Agency

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### Activity Title

## Falls – Playground Injuries

### Curriculum Framework Activity Outcomes

Learning Area	Learning Outcome	Specific Learning
Health and Physical Education	Knowledge and Understanding	<ul style="list-style-type: none"> <li>Know and understand the importance of personal safety and injury prevention</li> </ul>
	Self-Management Skills	<ul style="list-style-type: none"> <li>Make responsible decisions relating to injury prevention</li> <li>Make informed decisions and choose courses of action</li> </ul>
	Interpersonal Skills	<ul style="list-style-type: none"> <li>Demonstrate communication and cooperative skills that enhance group relationships</li> </ul>
Sciences	Investigating Scientifically	<ul style="list-style-type: none"> <li>Make simple predictions</li> <li>Collect descriptive information</li> <li>Identify main features, patterns and difficulties in the investigation</li> </ul>

### Phases of Development

Middle Childhood (Typically Years 4 -7)

### Activity Resources Required

**Each student will need:**  
 Paper, coloured pencils, hard boiled egg  
**Each group will need:**  
 Builder's tape measure, sticky notes or masking tape

## Procedure

### 1. Personal Relevance

Each student is to recall an event when he or she or a friend fell at school. Draw a picture of what happened.

### 2. Brainstorming to Identify Types of Playground Falls and the Consequences

- Where did the fall happen?** – As a class list the types of falls experienced. e.g. fell over on veranda, fell off playground equipment
- What happened?** – Hurt, broken bones, bruise, graze
- Feelings?** – Sad, hurt, sore
- Others feelings?** – Sorry, sad, guilty

### 3. Experiment – Egg Drop

**Aim:** Does the ground you fall onto have an effect on the injury received?

Does the height you fall from have an effect on the injury received?

**Work in teams:** Divide the class into five groups. Allocate each group a surface to drop their egg onto, such as soft raked sand, compacted sand, concrete, grass, playground rubber under surfacing.

**Make a prediction:** Each team is to make and record their prediction.

- “Do you think the egg will crack when dropped onto...*type of surface?*”
- “Do you think there will be more damage from a greater height?”

**Test Procedure:**

- Each student in the group drops his/her egg from a different height:
  - Egg drop from the following heights 25cm, 50cm, 80cm, 100cm, 150cm*
- Measure heights and place a sticky note at each height on a vertical surface near the ground e.g. on the wall or on the playground equipment.
- Observe and record what happened to the egg when dropped from each height.
- Class to compare each egg drop height result with all other surfaces.

**Evaluating /Testing – What happened?**

Did the prediction come true?

Does the surface you fall onto increase the injury?

Does the height you fall from increase injury?



### 4. Conclusion

As a class come up with a conclusion from the experiment.

Answer the following question - What type of surface do you think should be under play equipment and why?

## Community Links

**How could the school involve the local community in Safety in Schools Week?**

*Playground Safety Audit from Kidsafe WA or Public Health Unit.*

**How could the school involve parents and seniors in Safety in School Week?**

*Parents could have a busy bee to remove hazards in the playground, fill holes in the school oval, repair cracks in concrete and bitumen and inform parents of playground behaviour codes and consequences of action in school newsletter.*

## Policy and Procedures

**Are you aware of the schools written Health and Safety Policy? If not: -**

- Check with administration
- Refer to the Education Department's Risk Management Policy
- Do you have an injury prevention policy?
- Visit the Kidsafe WA Website for guidelines:  
[www.kidsafewa.com.au](http://www.kidsafewa.com.au)

**Do you have safety structures and procedures in place? For Example:**

- Does the school have a first aid person? (Structure)
- How to access the first aid person? (Procedure)
- Does your playground equipment meet the Australian Standard for design and under surfacing?
- Does your school have a playground code of behaviour?
- What are the consequences for students who do not follow playground behaviour codes?
- Is there a designated quiet play area?

## Other Resources Available

Playground Safety Fact Sheet available: [www.kidsafewa.com.au](http://www.kidsafewa.com.au)

'Safety Rules OK! Playground Safety checklist available from Kidsafe WA

'Safety Rules OK! Curriculum Supplement available from Kidsafe WA

Australian Standards for Playground Equipment