

Preventing Falls

Everything you need to know to keep your kids safe from falls.

A fall from as little as 2 feet can cause skull fractures or other traumatic brain injuries and can lead to permanent damage. The majority of serious falls resulting in children needing emergency care happen at home. These incidents can be prevented by promoting child safety within the home.

Tips to prevent falls

- Children are twice as likely to be injured in a fall-related injury at home than at a childcare facility.
- A baby's skull is soft and offer less protection to their tender brains and this type of fall is likely to result in a head injury.
- By implementing safety measures around the home, you can help reduce a child's risk for injury.

Prevent slips at home

- Use anti-slip rugs and bath mats in your home to prevent dangerous falls.
- Keep hallways and stairs well-lit and clear of clutter.
- Don't let kids play on high porches, decks, stairs, or balconies. If it's unavoidable, **make sure they are supervised by an adult.**

Install window guards and stops

- Properly install window guards that adults and older children can easily open in case of emergency. Include this in your family's fire escape plan and practice it regularly.
- For windows above the first floor, include an emergency release device in case of fire.
- Install window stops so that windows open no more than four inches.



Open Windows From the Top and Close After Use it.

- If you have windows that can open from both top and bottom, make a habit of opening just the top to prevent accidental falls.
- Keep in mind that as kids grow, they may have enough strength, dexterity and curiosity to open the bottom.
- **Keep windows locked and closed when they are not being used.**

Keep Kids from Climbing Near Windows.

Move chairs, cribs and other furniture away from windows to help prevent window falls.



- Never move a child who appears to be seriously injured after a fall — call 911 and let trained medical personnel move the child with proper precautions.

Secure Kids When Seated

Keep babies and young kids strapped in when using high chairs, infant carriers, swings, and strollers. If your baby is in a carrier, remember to place it on the floor.

Help Babies Learn to Stand and Walk Safely

Baby walkers don't come with safety features that prevent the walkers from rolling down the stairs.

- Try using a stationary activity center, these items give your baby a chance to practice standing and moving more safely.
- Look for one that is on a stable base and place it away from stairs, hot appliances, or window cords.

Keep stairs clear and use safety gates

Many falls occur on or around stairs. Keep toys and items off stairs. Discourage play around stairs and use safety gates with vertical bars or netting to block access to the stairs.



Lock outside Doors

Be sure to lock doors that lead outside.

- Mount a latch high on the door and use doorknob covers to help keep toddlers inside.

Don't put beds or other furniture in front of windows and teach your kids not to jump on the bed

