



Fall Prevention

The Hard Facts

Most injuries result from activities such as climbing on furniture, playing near an unsecured window, falling downstairs or playing on playgrounds.

Top Tips

1. Screens are meant to keep bugs out, not children in. Properly install window guards to prevent unintentional window falls. Keep chairs, cribs and other furniture away from windows to help prevent window falls.
2. Keep windows locked and closed when they are not being used.
3. Keep babies and young kids strapped in when using highchairs, infant carriers, swings or strollers. When placing your baby into a carrier, remember to place the carrier on the floor, not on top of a table or other furniture.
4. Actively supervise toddlers on stairs. Hold their hands when walking up and down stairs.
5. Use safety gates at the tops and bottoms of stairs and attach them to the wall.
6. Don't let kids play on high porches, decks, stairs or balconies.
7. Don't let children climb on furniture or use drawers or shelves as steps.
8. Secure TVs and furniture to the wall using mounts, brackets, braces, anchors or wall straps to prevent tip-overs. These kinds of accidents happen more than you might think, so take a few minutes, secure your TV and furniture, and then never worry about it again.
9. Take your kids to playgrounds with shock-absorbing surfaces such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch. If your child falls, the landing will be more cushioned than on asphalt, concrete, grass or dirt.
10. Don't let children climb on trees.
11. Children should be kept away from animal pulled carts and other carts with fulcrum to avoid cart-related trauma as they may fall onto them and cause serious injuries.
12. Educate children not to go near the construction site and incomplete buildings as there is high risk of falls and injuries to children at those places.