

Prevent Falls

Falls are the leading cause of injury for children, especially for those under 5. More than 10% of falls occur on the stairs and half of stair injuries result in a traumatic brain injury. As a child learns to explore their surroundings, it is important to try and prevent as many injuries as possible.

Around Stairs

- Use approved gates at the tops and bottoms of all stairs. Not all gates can be used at the top of the stairs.
- Attach to the wall, if able.
- Supervise toddlers on stairs.
- Hold their hand or follow behind when walking up and down stairs.



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Near Windows

- Screens keep bugs out- they don't keep children in. Install a window guard to prevent falling out.
- Install window stops to keep the window from opening more than four inches.
- Keep chairs, cribs, and other furniture away from windows.
- Tie up any cords near the window.

When Seated

- Always strap your child in when using a high chair, infant car seat, swing, shopping cart, or stroller.
- Infant chairs and car seats should be placed on the floor, not on a table or counter.
- Place infant car seat in the basket area of a shopping cart or strap your toddler into a seat. Choose a different cart if the safety belt is missing or broken.



Outdoors

- Avoid playing on porches, decks, stairs, or balconies.
- Install a shock-absorbing fall surface (rubber, sand, mulch) underneath a swing or playground.
- Always put a helmet on your toddler during biking, tricycling, or any wheeled sport activity.

Adapted from Safe Kids Worldwide, 2015.

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