

# Fall Risks

## Why can falls happen in and around the home?

Falls in children are **often** due to the presence of external hazards, such as stairs, open windows, or playground equipment. Children fall because of their:

- Lack the ability to accurately assess risk
- Curiosity and propensity for risk-taking
- Lack of fully developed motor skills and coordination



## What can I do?

Following safety measures in and around the home can help prevent falls. There are many products available to help make your home a safe place for your children. **Every home is different** and not all home safety products will work for every family. The **most important safety device is constant supervision**.

Utilize the guide on the flip-side of this flyer for an outline of preventing falls in and around your home.

## Did you know...?

- Falls are the **leading cause** of hospitalization injuries for children under the age of 14
- Falls are the **leading cause** of traumatic brain injury for children 0-4 years old
- **More than 80%** of fall-related injuries among children 0-4 years old occur in the home
- Infants are **more likely** to fall from furniture; toddlers are more likely to fall from windows
- Older children sustain **more** fall-related injuries from playground equipment

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## How can I prevent falls?

### Furniture

- Move furniture **away** from windows.
- Use **furniture straps** to secure all dressers, TV stands, bookshelves and any other top-heavy furniture to the wall
- **Remove** items that are appealing to children from the top of furniture.
- Do **not** allow children to play or jump on furniture.
- **Never** leave babies alone on any furniture, even if they have never rolled over.



### TVs

- **Secure all TVs** to the wall with a television strap or mount them to the wall.

### Floor surfaces

- **Remove** clutter.
- **Secure area rugs** with foam carpet backing, double-sided tape or a rubber pad.

### Stairs

- Keep stairways **well-lit** and **free of clutter**.
- Make sure all stairways have stair gates at the **top and bottom**, and that the top gate is mounted to the wall
- Do **not** use baby walkers with wheels.



### Windows

- Do **not** rely on screens to keep children from falling out of windows.
- Install window guards on **all** windows above the first floor.
- Use window stops to **prevent** a window from opening.

