

# Fall Safety

According to the CDC, falls are the leading cause of non-fatal injuries for all children ages 0 to 19. This statistic holds true to our data here at Children's Hospital at Erlanger. Every day, approximately 8,000 children are treated in U.S. emergency rooms for fall-related injuries.

Not all falls are preventable but here are some tips to lower your child's chances of sustaining a serious injury from a fall.

## AT HOME

- Keep chairs, cribs and other furniture that children may climb on away from windows.
- Use safety devices on windows such as window guards or locks.
- Use approved and appropriate safety gates at the top and bottom of stairs.
- Use non slip mats and rugs in the bathroom and throughout your home.
- Properly anchor furniture by using anti tip devices.
- Remove electric wires or cords on the floor.
- Keep hallways clear and well lit.

## ON THE GO

- Always strap baby into a high chair, swing, changing table, stroller or shopping cart.
- Never leave a baby alone on a changing table, high chair or any furniture.
- Keep an eye out for slick or slippery surface your child may walk on.

## PLAYING

- Use playgrounds with rubber, wood chips, synthetic turf or sandy surfaces. Avoid asphalt.
- Make sure playground equipment is safe before your child goes to play.
- Use properly fitted safety gear for recreational and sporting activities.
- Use stationary walkers or activity centers. Do NOT use ones with wheels.

### Supervision is KEY!

Injuries can happen in an instant. Make sure your child is as safe as possible before turning your attention elsewhere.

