

# Preventing Falls

## Facts About Falls

- ◆ Falls are the leading cause of injuries to children ages 0-4 in California.



- ◆ Even a baby's very first movements, like wiggling and pushing against things with their feet, can result in a fall.

## \* Beware of baby walkers

- ✓ A child can tip over a baby walker, fall out of it, fall down the stairs in it or get to places where he can pull objects down on himself.



- ✓ If you choose to use a baby walker, be sure it has a wide base, and never leave the child unattended in the walker.

## Fall Prevention Tips

### \* SUPERVISION!

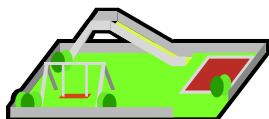
- ✓ Do not leave your baby alone on changing tables, beds, sofas or chairs. Keep one hand on your child at all times or put your baby in a safe place, like a crib or playpen.



- ✓ Older children are in danger of falling from things that can be climbed. Watch your child to keep him from climbing on dangerous things.

### \* Create barriers

- ✓ Lock doors to any dangerous areas. Use gates on stairways and doors.
- ✓ Install operable window guards on all windows above the first floor. Screens will not prevent a fall.
- ✓ Fence in the play yard.



### \* Prevent dangerous situations

- ✓ Keep furniture away from windows, counters or tables to prevent children from climbing to dangerously high places. Remember, your child does not understand what is dangerous. Teach your child to ask you for help in reaching high places.



- ✓ Remove sharp-edged or hard furniture from the rooms where your child plays and sleeps.



- ✓ Make sure that bookcases, file cabinets, dressers, or other furniture that could tip when opened or climbed, are fastened to the wall.
- ✓ Be sure that the surface under play equipment is soft enough to absorb a fall. Use a rubber mat, or 12 inches of sawdust, sand, or wood chips under play equipment.

## What to Do in Case of a Fall

- \* If your baby/child has a serious fall and loses consciousness (even briefly) or does not act normally, call your doctor.