

Tips to Prevent Falls Among Infants and Children

*Adult supervision is the most effective tool in preventing falls-
be sure that children are supervised at all times!*

Around the Home: Most falls among infants and children occur in the home. Here are a few tips to keep kids safe in their homes:

- Do not rely on window screens to prevent falls; install safety bars/window guards on all windows
- Open windows from top only, if possible
- Keep furniture away from windows to keep children from climbing
- Use safety gates at the head and foot of stairways
- Do not use baby walkers with wheels; seek alternative products such as stationary activity centers
- Never leave infants unattended on changing tables or other furniture; always utilize safety straps in shopping carts and on changing tables, when available
- Use foam pads or corner bumpers to cover sharp edges on furniture and around the home

On the Playground: Height and surfacing requirements on playground equipment can effectively prevent injuries. Following these steps can keep kids safe while they have fun:

- Bring children to playgrounds where the maximum height of all equipment is 6 feet
- Choose well-maintained, age-appropriate playgrounds with soft and flexible surface materials such as shredded rubber, sand or woodchips

