



FALLS

Keep Them Low & Don't Let Go

Falls are the most common type of injury we see in kids. And let's face it, kids will be kids and they're going to get some bumps and bruises. But we're looking to prevent serious falls that cause injuries that need to be treated in an emergency room or hospital. Here are some tips to keep in mind:

Keep Them Low

- When your child is in a carrier or baby seat, keep it on the floor.
- Never place a baby seat or a baby carrier on any elevated surface (e.g., table, chair or bed) no matter what the age of your baby. Even newborn infants can move, which means they can fall.

Don't Let Go

- Keep a hand on your baby whenever he or she is on a changing table or any raised surface.
- Hold your baby with a tight grip whenever he or she is in your arms. Be prepared for sudden jerks.
- Whenever your baby is in a car seat, a high chair, a supermarket cart, a swing or a carrier, be sure your baby is strapped in securely.

Buckle kids into seats

Remember to strap in your child every time they are in a raised seat like a high chair, stroller or swing. Children will reach and try to climb out of chairs. In just seconds a child can wiggle their way out of seat. Always place a child carrier on the floor, not a high surface like a counter top, couch or bed.

Shopping Carts

If possible, choose a shopping cart that has a low child's seat, like the ones resembling cars. This will keep them closer to the ground in case they wiggle out. And remember to always buckle them in. If a shopping cart doesn't have a buckle, choose a different one that does.

Help children to learn walk safely

Beware of baby walkers, they do not come with safety features to stop your child from falling down stairs or tipping over. Keep an eye on children as they learn to roll, crawl and eventually walk. And never leave a baby unattended on a raised surface like a bed or sofa for even a minute.

Block off stairs

Whether they go up or down a level, stairs can be dangerous for young children. Install safety gates to prevent children from climbing up or falling down a stair case. Always read the manufacturer's instructions to make sure the gate is approved for top of stairs.

On the playground

Chose a playground that has a soft ground surface that can absorb some of the impact in case a fall does happen. Teach children to play safely by not pushing or shoving and to use the playground equipment as intended.

For more information, please visit: www.safekids.org/falls

<http://trauma.stonybrookmedicine.edu/injury-prevention>

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