



Fall Prevention For Young Children

United States

- From 2001-2005, there were more than 5,000,000 nonfatal fall injuries among children 0-4 years of age.
- There are more than 1,200,000 emergency room visits each year due to falls occurring among infants, toddlers, and preschoolers.
- In children younger than one year, the most common types of falls occur from the arms of adults or siblings, bathing and dressing tables, beds and couches, and infant carriers.
- Since children from one to five years of age are more independent, curious, inexperienced, and like to climb, they should be supervised at all times and kept off high surfaces to prevent fall injuries.



Preventing Falls and Related Injuries

- **Infants Younger than One Year**
 - Never leave child alone on counters, beds, tables, couches, or other high places.
 - Always keep at least one hand on the child when changing diapers or dressing.
 - An infant carrier should be stable and placed where the child and carrier cannot fall.
 - Keep crib sides up and lower the mattress as the child grows. Remove bumper pads and toys so the child cannot use them as a step to climb over the side.
 - Keep safety straps securely fastened when using a stroller, high chair, swing, infant carrier, or shopping cart.
 - Use of baby walkers are not recommended because it may tip over or fall down the stairs. Walkers are associated with more injuries than any other piece of baby equipment.
 - Don't allow other children to hold or carry the child unless closely supervised.
- **Children One to Five Years of Age**
 - Install sturdy gates at top and bottom of stairs.
 - Keep the top of stairs and play area free of clutter.
 - Install operable window guards; keep the space in front of windows free of furniture.
 - Keep doors to balconies and fire escapes locked.
 - Playground surfaces must be soft, shock absorbing material such as wood chips or chipped rubber.
 - Playground equipment should be in good repair and age-appropriate.
 - Supervise children closely when they are playing on slides, swings, and seesaws.
 - Hold child's hand while climbing stairs or riding escalators; teach the child to hold onto handrails to avoid falling.
 - Bicycle should be in good repair and the correct size for the child.
 - Never let your children ride a bicycle without a helmet.
 - If child is riding on a bicycle with adult, the child should be in a rear-mounted seat and wearing a helmet.
 - A child with a disability needs more attention and supervision to avoid falls.
 - The safety precautions used at home should also be used at day care.