

# Making safe simple

## At play

## Fall Prevention

More than two million emergency department visits a year are related to childhood falls. Thankfully, many falls can be prevented. Prevention is not difficult. It does require your attention and some effort. Supervision is the most important thing you can do to prevent childhood injuries.

### Prevention tips

#### General

- ★ Never leave babies unsupervised on any piece of furniture including changing tables, beds, and sofas.
- ★ Use safety straps and other safety features on high chairs, shopping carts, and changing tables.
- ★ Use safety covers or install padding on sharp corners.
- ★ Use stationary “walkers” instead of wheeled walkers.
- ★ Be sure televisions and other heavy furniture are stable and secure to prevent tipping.
- ★ Use safety gates to keep young children away from stairs.
- ★ Don't place toys or items that attract children on top of furniture.
- ★ Make sure stairs are clear of toys and other objects.

#### Windows

- ★ Install window guards on all windows above the first floor.
- ★ Keep the area around windows free of furniture or other things that children could climb on to reach open windows.
- ★ Do not rely on window screens to keep children from falling out.

#### Playgrounds

- ★ Always supervise children at playgrounds.
- ★ Make sure playground equipment is age appropriate. Since 1994, manufacturers are required to have a sticker placed on each piece of equipment indicating the appropriate age group for which it was designed.
- ★ Be sure surfaces under playground equipment are soft enough to absorb falls.
- ★ Make sure equipment is specifically designed for playground use.

For more injury prevention tips, visit [childrensmn.org](http://childrensmn.org)

