

FALLS

falls

THE PROBLEM

Falls are the leading cause of accidental injury in children.¹

ESSENTIAL FACTS

- Screens keep bugs out – not kids in!
- Children are more likely to die or be severely injured from window falls than from falls associated with any other product.
- More children are injured with baby walkers than any other nursery object.
- Most children who die from or are severely injured by falls suffer from head injuries.

YOUR PRESCRIPTION FOR SAFETY

- Install safety gates at the top and bottom of every staircase.
- Only open windows on upper floors if they have window guards (bars) or window stops that prevent opening greater than 3 1/2 inches.
- Install and maintain at least 9 inches of wood chips, mulch, or shredded rubber (for equipment up to 8 feet high) or sand or pea gravel (for equipment no more than 5 feet high) as shock absorbing material under the playground.
- Make sure the space between banister posts are no more than 3½ inches apart. Attach mesh or plastic barriers to cover larger openings.



WHAT TO DO IF YOUR CHILD HAS A FALL

1. If your child is knocked unconscious for more than a few seconds, call 911 and do not move your child.
2. If your child vomits after a head injury or is acting unusual, call your child's doctor and seek medical attention.
3. If your child is bleeding from his head or face, apply direct pressure to the area and seek medical attention.



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The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.