



Fall Prevention for Children



Young children are at a high risk for fall related injuries. In Virginia, falls are a leading cause of injury related hospitalizations for children under age 4.

TIPS

- ✓ Never leave babies alone on any furniture, including beds, tables, sofas, or cribs and changing tables (with the guardrails down)—even if they have never rolled over before. Instead, put babies on the floor or in a crib with secured guardrails.
- ✓ More children are injured with baby walkers than with any other nursery product. Baby walkers can allow children to access stairways and areas of the home that may result in a fall.
- ✓ Install gates at top and bottom of stairs until children can climb up and down safely.
- ✓ Move chairs, cribs, beds, and other furniture away from windows. Children can quickly climb to window ledges or sills, and fall. Children can fall from windows opened as few as five inches.
- ✓ Safely secure windows with window guards or window stops to keep children from falling out of windows. Window screens are not designed to prevent falls. If you need to open windows, open them from the top – not the bottom.
- ✓ As babies get older and learn to sit and pull up to a standing position, lower the mattress in the crib. You should stop using the crib as soon as the top rails are less than 3/4 of the child's height.
- ✓ Modify slippery surfaces and remove hazards whenever possible.
- ✓ Secure area rugs and throw rugs by using a nonskid backing.
- ✓ Select play equipment that is safe for young children such as equipment that keeps children low to the ground.

911 If you or someone you know is experiencing a life threatening injury or act of violence, please dial 911 immediately.

If you would like more information on injury and violence prevention education and information, call 1-800-732-8333 or email ivp@vdh.virginia.gov