

jungle gyms, sitting on swings, and staying away from moving swings. Passive prevention includes placement of grass, sand, or wood chips under play equipment. Swing seats should be made of plastic, canvas, or rubber and have smooth or rounded edges. Slides should have inclines of no more than 30 degrees, and have evenly spaced rungs for climbing.

The climbing and running of the typical toddler are complicated by the child's total disregard and lack of appreciation for danger, immature coordination, and a high center of gravity. Gates must be placed at both ends of stairs. Accessible windows must have window guards, not screens, to prevent falls to the ground below. Falling from furniture is a major cause of injury, with more children in this age-group sustaining head injuries than older children. Doors leading to stairwells or porches must be locked. A convenient type of lock is a sliding bar or hook that can be attached to the door and frame at a level higher than the child can reach.

Cribs and vehicles are other sources of falls. To avoid injury, crib rails should be fully raised, the mattress should be kept at the lowest position, and toys or bumper pads that may be used as steps to climb out should be removed. Ideally, the floor under the crib should be carpeted or have a throw rug. Crib, bassinets, and play yards were associated with a large number (66% of all fall injuries to children) of accidental falls ([Yeh, Rochette, McKenzie, et al, 2011](#)). The manufacture and sale of drop-side cribs has been banned by the [Consumer Product Safety Commission \(2010\)](#). When children reach a height of 89 cm (35 inches), they should sleep in a bed rather than a crib. If a bunk bed is selected, parents should be aware of possible dangers, including falls from the top bed and from the ladder and head entrapment between the mattress and guardrail or between the supporting mattress slats.

Children can fall from high chairs, shopping carts, carriages, car seats, and strollers if not properly restrained or if balance changes by placing heavy objects. Therefore, proper restraint and adequate supervision are essential. Children, especially older infants who are mobile, should not be placed in an infant seat on top of a shopping cart because the infant seat may fall off the cart; the safest place for an infant seat is inside the cart's bed.

## **Aspiration and Suffocation**