

Preventing Falls

Why Is It Important to Prevent Falls?

Unintentional falls are the leading cause of nonfatal injury in children and 43% of all fall-related injuries happen to children 4 years old and under. Most serious falls happen at home. Children are twice as likely to be injured in a fall at home than at a childcare center.

Tips to Prevent Falls

- Ensure children play on soft surfaces at playgrounds.
- Use treads in the shower and anti-slip rugs in rooms with bare floors, which can be slippery.
- Keep TVs and furniture from tipping over. Secure them with safety straps.
- Cover and secure extension cords.
- Always maintain proper supervision.
- Secure your child properly when they are in a shopping cart, stroller, or car seat.



Windows

- Window screens are meant to keep bugs out, not to keep children in. Keep screens in place and windows locked when they are closed.
- Install window guards and stops on all windows located above the first floor. Windows should not open more than 4 inches.
- Move all furniture that children can climb on away from windows to prevent window falls.

Stairs

- Use child safety gates at both the bottom and top of a staircase.
- Keep gates closed and always locked.
- Do not allow children to play on the stairs.
- Keep the stairs well-lit and free of clutter.



Cribs and Beds

- Keep sides up when your child is in the crib.
- Continue to lower the height of the crib mattress as the child grows.
- Beware of toys, bumper pads, or anything else in the crib which can be used as steps to climb over rails.
- Stop using the crib once the top rails are less than 3/4 of the child's height.
- Never leave children alone on a bed, changing table, or other furniture. If you need to step away, place your child on a blanket or towel on the floor, away from choking hazards.
- Do not allow kids to jump on the bed.



Injury Prevention Program

4650 Sunset Blvd., Los Angeles, CA 90027 | [CHLA.org/InjuryPrevention](https://www.chla.org/InjuryPrevention)

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- Use safety rails when moving your child from crib to bed and for top bunks.

Highchairs

- Always strap your child in whenever they are seated in a highchair.

***Visit our Injury Prevention vending machines at Children's Hospital Los Angeles for home safety products provided at wholesale prices.**

For more information or if you have any questions, please contact the Injury Prevention team at 323-203-7688 or fax 323-361-7305.