

Childhood Falls, Injuries and Safety Tips

Fall Facts for Child Safety

Falls are the leading cause of injury in children of all ages. The most serious injuries from falls are usually head injuries. Most falls happen from furniture, stairs, baby walkers, shopping carts, and playground equipment. Children who are improperly put in shopping carts are at great danger of falling out of the cart. Falls from windows can cause death or serious injury.

Are there Preventative Steps to Protect my Child?

- ✚ Do not leave your child unsupervised on a changing table or other high furniture.
- ✚ Do not allow children to jump from high playground equipment or jump on furniture.
- ✚ Strap your child into highchairs and strollers.
- ✚ Always put crib sides up, even for babies who cannot yet push up on both hands.
- ✚ Baby walkers are very dangerous.
 - Using them delays the child learning to balance.
 - They are **not** recommended by the American Academy of Pediatrics.
 - Stationary play centers (without wheels) are a safer choice.
- ✚ Do not put chairs, cribs, and furniture next to windows.
- ✚ Stay with your child on stairs, decks, and high porches.
- ✚ Do not leave things lying on the floor or stairs.
- ✚ Put safety gates at the top and bottom of stairs.
- ✚ Cover windows with guards.
 - Screens are not strong enough to hold children in.

Injury Facts

- ✚ Children are at particularly high risk for bicycle-related injuries.
- ✚ About 45% of playground-related injuries result in severe fractures, internal injuries, concussions, dislocations and amputations
- ✚ Children, especially those under 6 years are more likely to have unintentional poisonings than older children and adults.
- ✚ Children ages 4 years and younger are among those at highest risk for residential fire deaths and injuries
- ✚ All fireworks are dangerous, especially to children.
- ✚ Drowning is the second leading cause of injury death among children 14 years and younger.
- ✚ Youth violence typically involves children, adolescents, and young adults between the ages of 10 and 24 and includes aggressive behavior such as verbal abuse, bullying, hitting, slapping, or fist fighting.
- ✚ Alcohol use is involved in about 25% to 50% of adolescent and adult deaths associated with water recreation.
- ✚ **AMONG CHILDREN AGES 0-14 YEARS, TRAUMATIC BRAIN INJURIES (TBI) RESULT IN AN ESTIMATED 400,000 EMERGENCY DEPARTMENT VISITS EACH YEAR.**
 - The leading causes of TBI are: vehicle crashes, firearm use, and falls.

Children with a brain injury can have the same symptoms as adults. But it is harder for them to let others know how they feel. Call your child's doctor if your child has had a blow to the head and you notice any of these symptoms:

- Tiredness or listlessness
- Irritability or crankiness
- Changes in eating
- Changes in sleep
- Changes in the way the child plays;
- Changes in performance at school;
- Lack of interest in favorite toys /activities;
- Loss of new skills, such as toilet training;
- Loss of balance / unsteady walking; or
- Vomiting.

What Should I do if My Child Falls?

How badly your child may be injured depends on how far he fell & the surface he landed on:

- Hold your child until she stops crying and keep an eye out for unusual symptoms.
- Call your doctor when your child looks or acts different than normal
- Call your doctor if you have questions or concerns about any of your child's symptoms, injuries, or behavior after a fall.
- **If your child is unconscious or unable to move, call emergency services 9-1-1**

Keeping your children safe often takes thinking about the multiple risks around your home and community. Start early to discuss safety with your young child and start with these safety tips:

- ✓ Install the right child safety seat in your car
- ✓ Use seatbelts and [car safety seats](#).
- ✓ Children should always ride in the backseat of the car.
- ✓ Teach children how to cross the street safely
- ✓ Make sure children wear the right gear and equipment for sports

- ✓ They should wear helmets when riding bikes, skating, using scooters, etc.
- ✓ Store medicines, and other [dangerous substances](#) in locked cabinets
- ✓ **Never leave small children unattended**

Young children are especially at risk for injury.

- Supervision is the best way to keep them safe.
- Childproofing the house can also help.

You can't remove all the safety hazards from your life, but you can reduce them. You can avoid major hazards and prepare for emergencies by taking the following steps:

- Make a family emergency plan.
- Know how to exit the house quickly in case of fire.
- Have an outside ladder from a third floor dwelling
- Keep emergency phone numbers by your telephones.
- Make a first aid kit for your home.
- Keep guns unloaded and locked up. Lock up the ammunition separately.
- Follow the directions carefully when using tools or equipment.
- Install and test smoke alarms and carbon monoxide detectors at least every six months

For more safety information visit: www.KidsHealth.org

- [ABCs of Raising Healthy Kids: Steps to Staying Safe and Healthy](#)
- [Child Safety: Keeping Your Home Safe for Your Baby](#)