



## **Home Fall Prevention for Teens Ages 15 to 19 Years**

Each day in New York State (NYS), an average of 70 children ages 15 to 19 years of age are treated for an injury at a hospital because of an unintentional fall; an average of three teens are injured severely enough to require hospitalization.

Falls are the second leading cause of injury-related hospitalizations and hospital emergency department visits for children ages 15 to 19 years in NYS.

The good news is that **you**, as a parent or caregiver, can play a major role in preventing home fall injuries.

### **What are the most common causes of falls?**

- The most common causes of fall-related injuries for teens at this age are slipping, tripping, stumbling, and falls from one level to another (such as down stairs).

### **How can I help prevent my teen from falling down the stairs?**

- Keep stairs free from clutter. Teach your child not to leave his or her toys, sports equipment or clothes on the floor as they are possible tripping hazards.

### **How can I make my bathtub safer?**

- Place slip-resistant mats or stickers on the bottom of your bathtub and shower so it is not as slippery.

### **What are some other safety tips to prevent falls at home?**

- Teach your teen important home safety rules, like using handrails when walking up or down stairs and keeping his or her shoelaces tied.
- Safety belts and straps should always be used when riding in cars.
- Secure area rugs so your teen cannot trip on them.
- Teens should wear footwear that fits properly and is slip-resistant, such as sneakers.

## Where can I find more information about home safety?

- American Academy of Pediatrics ([www.healthychildren.org](http://www.healthychildren.org))
- Home Safety Council ([www.homesafetycouncil.org](http://www.homesafetycouncil.org))
- Safe Kids USA ([www.usa.safekids.org](http://www.usa.safekids.org))
- U.S. Consumer Product Safety Commission ([www.cpsc.gov](http://www.cpsc.gov))

NYS Data Source: NYS DOH, Bureau of Injury Prevention  
[http://www.health.state.ny.us/prevention/injury\\_prevention/](http://www.health.state.ny.us/prevention/injury_prevention/)  
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