

# Home Fall Prevention Information for Parents

fallfreezone



HOME

**Injuries** are the leading cause of death in New York State (NYS) for children ages 1 to 19 years.

# How many children are injured because of a fall?

- Falls are the leading cause of injury-related hospitalizations and emergency department visits in NYS for children ages 14 and under, and the second leading cause of injury for children ages 15 to 19.
- Hospitals treat an average of over 106,000 fall-related injuries in children under 19 each year in NYS.

# Infant Home Fall Injuries

## Infants Ages Birth to 1 Year

- Each day in NYS:
  - An average of 18 babies under one year of age are treated in hospitals because of a fall, and an average of one baby was injured severely enough to require hospitalization.
- The majority of infant falls occur at home. Usually, these are a result of falling from an elevated surface such as a bed, sofa, chair, stairs or changing table.

# Toddler Home Fall Injuries

## Toddlers Ages 1 to 4 Years

- Each day in NYS:
  - An average of 120 children age one to four years are treated at a hospital because of a fall; an average of three children were injured severely enough to require hospitalization.
- The majority of childhood falls occur at home. The most common causes of fall-related injuries to children at this age are slipping, tripping, stumbling, and falling out of bed or down stairs, or from another high surface.

# Preventing Home Falls

## Infants and Toddlers Birth to Age 4 Years

- Supervision is key!
  - Never leave a child unattended. If you do need to step away, put him or her in a safe place, like a crib or playpen.
- Never use baby walkers. Walkers may tip over, causing the child to fall out or fall down stairs.
  - Use stationary walkers, playpens, and high chairs.

# Preventing Home Falls

## Infants and Toddlers Birth to Age 4 Years

- All windows above the first floor should have locks and operable window guards. Screens alone are not strong enough to keep a child from falling out a window.
- Window guards prevent the window from being opened more than four inches. They can be removed in case of fire. It is possible for a child to fit through an opening as small as five inches.

# Preventing Home Falls

## Infants and Toddlers Birth to Age 4 Years

- Child safety devices, like safety belts and straps, should always be used when available. This will reduce the risk of children falling out of their car seat, high chair or carrier.
- Place furniture away from windows and anchor pieces to the wall (especially television sets).
  - As children begin to crawl and walk they may pull and lean on furniture to balance themselves, causing it to fall on them.

# Young Children Home Falls

## Children Ages 5 to 9 Years

- Each day in NYS:
  - An average of 90 children ages five to nine years were treated at a hospital because of an unintentional fall; an average of three children were injured severely enough to require hospitalization.
- The majority of child falls occur at home. The most common causes of fall-related injuries for children at this age are slipping, tripping, and stumbling, falling out of bed or down stairs, or from another high surface.

# Preventing Home Falls

## Young Children Ages 5 to 9 Years

- Be sure children wear footwear that fits properly and is slip-resistant.
- Review safety rules with children, especially the importance of using handrails when walking up or down stairs and not climbing on furniture.
- Place furniture away from windows and anchor each piece to the wall. Young children may be influenced by older children to do dangerous stunts on your furniture. Do not put toys or items that may interest children on the top of furniture.

# Preventing Home Falls

Young children Ages 5 to 9 Years

- Keep stairs free from clutter.
- Secure area rugs.
- Place slip-resistant mats or stickers in bathtubs and showers.

# Older Children Home Falls

## Children Ages 10 to 14 Years

- Each day in NYS:
  - An average of 95 children ages 10 to 14 years are treated at a hospital due to an unintentional fall; an average of three children were injured severely enough to require hospitalization.
- The majority of child falls occur at home. The most common causes of fall-related injuries for children at this age are slipping, tripping, stumbling, and falling out of bed or down stairs, or from another high surface.

# Teen Home Fall Injuries

## Teens Ages 15 to 19 Years

- Each day in NYS:
  - An average of 70 children ages 15 to 19 years are treated at a hospital because of a fall; an average of three children were injured severely enough to require hospitalization.
- The most common causes of falls at this age are slipping, tripping, and stumbling, falls down stairs and from one level to another.

# Preventing Home Falls

## Older Children and Teens Ages 10 to 19 Years

- Keep stairs free from clutter.
- Secure area rugs.
- All windows above the first floor should have locks and operable window guards. Window screens alone are not strong enough to keep a child inside.

# Preventing Home Falls

## Older Children and Teens Ages 10 to 19 Years

- Place slip-resistant mats or stickers in bathtubs and showers.
- Ensure children wear footwear that fits properly and is slip-resistant.
- Teach your child important home safety rules, like using handrails when walking up or down stairs and keeping his/her shoelaces tied.

# For more information

- American Academy of Pediatrics  
([www.healthychildren.org](http://www.healthychildren.org))
- Home Safety Council  
(<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))

# Questions?

Contact Us!

Enter your organization's contact information here.