

- If you must have a walker, buy a new one that carries an “ASTM” or “JPMA” sticker to indicate it meets all safety standards.
- Use safety gates at the top and bottom of stairs if there are infants and toddlers in the home. Gates at the top of the stairway should be bolted to the wall.
- Place window guards on windows to prevent them from opening more than 4 inches.
- Carpets on stairways should be tightly secured or installed and edges should not be frayed.
- Stairways should be free from objects and clutter at all times.
- Never place an infant carrier style car seat on elevated surfaces. They should be placed on the floor when not being carried.
- Always keep the infant strapped into the carrier when it is being used and do not carry it by the handle alone unless it is supported by the other hand.
- Clean up any wet surfaces on the floor.
- Use non-slip bathmats and rugs.

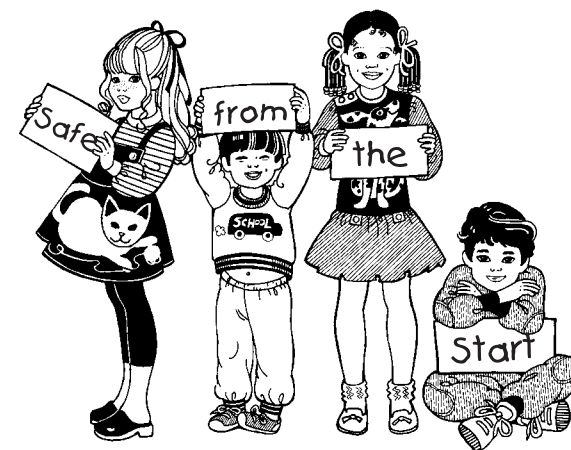


For more information contact:

**Safe Kids Grand Forks**  
 c/o Altru Health System  
 P.O. Box 6002  
 Grand Forks, ND 58206-6002

Coordinator: Carma Hanson  
 Phone: 701-780-1489  
 Fax: 701-780-1507

# Falls Safety



---

Each year more than 2.3 million children ages 14 and under are treated in hospital emergency rooms for fall-related injuries.

Because falls are associated with a child's curiosity and development of motor skills, children ages 4 and under are at the greatest risk for falls and account for more than 50 percent of these deaths.



### **DID YOU KNOW?**

- Falls are the leading cause of unintentional injury for children.
- Head injuries are associated with the majority of deaths and severe injuries resulting from falls.
- Children are more likely to die or be severely injured from window-related falls than falls associated with any other product.

- In 2002, an estimated 95 children died as a result of falls in the home. Half of these children were ages 4 and under.
- The majority of falls occur from furniture, stairs, baby walkers, playground equipment, windows and shopping carts.
- The majority of falls occur between noon and early evening.
- In 2003, more than 3,100 children ages 4 and under were treated in hospital emergency rooms for baby walker-related injuries.
- Protective surfacing under and around playground equipment can prevent the incidence and reduce the severity of playground fall-related injuries.
- Falls account for approximately 80% of all playground-related injuries and more than one-fifth of fatalities.



### **STEPS TO SAFETY**

- Use stationary activity centers or walker alternatives, not walkers with wheels.
  - Move chairs and furniture away from windows.
  - Do not leave small/young children alone. Injuries can happen in seconds.
  - Avoid asphalt, concrete, grass and soiled surfaces under playground equipment.
  - Consider securing tall, heavy bookcase-type furniture to the wall to prevent it from toppling over.
  - Assure that slats on balconies are secure and not too far apart to prevent the child from falling between them.
  - Assure that railings on decks, balconies or porches are no wider than 3 1/2 inches.
  - Never let children play or climb on furniture, beds or appliances.
  - Do not allow children under age 6 on the top bunk.
  - Install a handrail on at least one side of the stairway and extend all the way from the top to the bottom.
-