

# Keep me safe!

Falls are preventable. Supervision is the best prevention

Falls are the #1 cause of injuries for children from birth to age five years



Always use hardware mount gates at the top of stairs. Pressure mount gates can be used at the bottom of stairs.

Always keep one hand on your child when they are on a high surface, such as a change table or other furniture, to prevent them from falling to the ground.



Buckle your child in their high chair or stroller every time. This will prevent your child from falling out as they move, wiggle and reach.

# Fall prevention home checklist

## Falls are preventable Supervision is the best prevention

- Hold, follow or watch your child to keep them safe.

### Newborn

- Watch your baby and keep a hand on them when they are on a raised surface such as a change table, bed, couch, or on the exam table at the doctor's office.
- Always use hardware mount gates at the top of stairs. Pressure mount gates can be used at the bottom of stairs.
- Buckle up the safety straps on your baby's change table, car seat, baby seat, high chair, or stroller.
- Always place your baby's car or infant seat on the floor.

### Toddler

- Keep furniture away from windows.
- Attach furniture such as dressers, TV and bookcases to the walls.
- Do not let your child climb or jump on furniture.
- Keep the floor clear of spills, toys, clothes, shoes, and loose rugs.
- Use window stops and keep balcony doors locked.