



# Kids Can't Fly!

## Preventing Injuries from Falling

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Falls are the leading cause of injury for children of all ages, and they lead to over 2 million emergency room visits in the United States every year. Although falling down is a natural part of childhood activities such as learning to walk, skating, learning to ride a bike, and playing sports, many fall injuries can be prevented. Here are some tips for keeping your child safe from a fall injury:

### **Preventing falls while walking or running:**

- Keep floors clear of toys and other clutter
- Secure area rugs with double-sided tape or a rubber pad
- Clean up liquid spills immediately
- Consider protective padding for coffee tables and countertops

### **Preventing falls down stairs**

- Keep stairs clear of clutter
- Homes with young children should have hardware-mounted safety gates at the top and bottom of every stairway
- Do not use infant walkers

### **Preventing falls from beds**

- Do not allow horseplay on beds
- Do not allow children under age 6 to sleep in the top bunk of a bed

### **Preventing falls from shopping carts**

- Use seatbelts to restrain your child in the cart seat
- Don't allow your child to ride in the car basket
- Don't allow your child to ride or climb on the sides or front of the cart.

## Preventing playground injuries

- Closely supervise children on playground equipment
- Make sure your playground is installed with an appropriate protective surface, such as sand or wood chips.

## Preventing falls from windows and balconies

- Use window guards to prevent falls out of windows
- Do not put cribs or other furniture in front of windows
- Do not let children play on balconies, roofs, or fire escapes

## Preventing fall injuries from recreation activities

- Wear a helmet approved by the Consumer Product Safety Commission for all biking, skating, scooter riding, and skateboard riding activities
- Do not use scooter, skateboards or roller skates in the street
- Never “surf” on a bike, skateboard, or skates behind a vehicle or car
- Wear other protective equipment (knee and elbow pads, wrist guards) for skating and skateboarding
- Do not use home trampolines
- Wear an approved equestrian helmet for all horseback riding activities

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