

# Falls Prevention For Children



**CAMBRIDGE**  
MEMORIAL  
**HOSPITAL**  700 Coronation Blvd.,  
Cambridge, ON N1R 3G2  
519-621-2330

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[www.cmh.org](http://www.cmh.org)

## Prevent Fall Injuries on the Playground

- Wear rubber- soled shoes
- Keep children under 5 off equipment that s higher than 1.5 meters (5 feet)
- Adult presence is needed
- No strings on clothing or ropes use for play



- Make sure play equipment has good handrails, barriers and railings
- Teach children never to cross in front of or behind a moving swing
- Check for broken glass, garbage, sharp edges and bolts that stick out
- Keep younger children off equipment that is meant for older



## Prevent Fall Injuries in the Home

- Keep cribs and beds away from windows
- Install safety gates properly at top and bottom of stairs
- Use an anchored gate
- Use the safety strap in the high chair
- Keep up the sides of the crib and playpen





- Place car seats on the floor instead of tables
- Wipe up spills quickly to prevent falls in the kitchen and bathroom
- Use a rubber mat or non-slip stickers in the bathtub
- Tape loose rugs to the floor
- Tape foam over sharp corners on your tables



Safety for  
children in the  
home

BC Injury Research  
Prevention Unit  
<http://www.injuryresearch.bc.ca>