

# Keep Kids Safe from Concussion – Falls

Falls are the leading cause of concussions for children and youth

Facts about Falls	Key Fall Prevention Messages		AHS Fall Prevention Resources
<p>In Alberta, for children &lt;1 to 4 years old, injuries from falls were the leading cause of Emergency Department/ Urgent Care visits in 2016.</p> <p><i>Supervision, removal of hazards, safe play practices and wearing proper clothing and using proper equipment is recommended for children to help prevent home and playground injuries.</i></p> <p>In Alberta, trampoline-related injury emergency department visits (0-14 years of age) increased from 2013 to 2017 by 47%. Trampoline-related injuries can result in broken bones, head, back and neck trauma, sprains, bruises and cuts. In some cases, injuries are severe enough to cause permanent disability and even death.</p> <p><i>AHS does not recommend home trampolines for any age.</i></p>	Home	<ul style="list-style-type: none"> <li>Secure heavy furniture to the wall.</li> <li>Use safety gates at the top and bottom of the stairs.</li> <li>Do not use pressure gates at the top of the stairs.</li> <li>Use safety straps in strollers, baby seats, high chairs, change tables, and car seats.</li> <li>Remove hazards off of the floor.</li> </ul>	<p><a href="#">Keeping Your Young Baby Safe from Falls</a></p> <p><a href="#">Keeping Your Older Baby Safe from Falls</a></p> <p><a href="#">Keeping Your Toddler and Preschooler Safe from Falls</a></p>
	Windows	<ul style="list-style-type: none"> <li>Use safety devices for windows. A window should not open more than 10 cm (4 inches).</li> <li>Remove furniture such as cribs, beds, stools, and change tables away from windows.</li> <li>Keep drapery cords out of the reach of children. Wrap excess cord around cleats or tie them down and place high on the wall to avoid a choking hazard.</li> </ul>	<p><a href="#">Playground Safety YES Test: Checklist</a></p>
	Playground Safety	<ul style="list-style-type: none"> <li>Use playground equipment that is age appropriate and that your child can reach or climb on their own.</li> <li>Ensure playground equipment has proper surfacing. (e.g. wood chips, rubber surfacing, sand or pea gravel)</li> <li>Teach your child playground rules.</li> <li>Supervise your child.</li> </ul>	<p><a href="#">Backyard Safety for Children</a></p> <p><a href="#">AHS Trampoline Position Statement</a></p>
	Trampolines	<ul style="list-style-type: none"> <li>Trampolines are not recommend to be used for play at home by children of any age.</li> </ul>	

# Keep Kids Safe from Concussion – Transportation

Facts about Transportation	Key Messages	AHS Resources
<p>In Alberta, for children 5-9 years old, transportation-related injuries accounted for approx. 30% of hospitalized concussions from 2011 to 2016.</p> <p><i>Continue to coach and support your clients to learn how to use their child's car seat, booster seat or seat belt correctly. Parents are encouraged to teach their children pedestrian safety and to wear proper equipment when cycling or engaging in other wheeled activities.</i></p>	<p><b>Child Passenger Safety</b></p> <ul style="list-style-type: none"> <li>• A child is safest in a <b>rear-facing car seat</b> until they are at least 2 years old or reach the maximum weight or height limit for the rear-facing seat (as stated by the manufacturer).</li> <li>• A child who is at least 2 years old or has reached the maximum weight or height limit of the rear-facing seat (as stated by the manufacturer) should ride in a <b>forward-facing car seat</b>.</li> <li>• Once a child has reached the maximum forward-facing weight or height limit of their car seat (as stated by the manufacturer), they should move into a <b>booster seat</b>.</li> <li>• A child is ready to ride in the vehicle without a booster seat when the vehicle seat belt fits properly. This is typically when a child is 145 cm (4 feet 9 inches) tall and between 8 and 12 years of age.</li> <li>• Don't rush to transition your child from one car seat stage to the next.</li> </ul>	<p><a href="#">Car Seat Guidelines in Alberta</a></p> <p><a href="#">Car Seat Education</a></p>
	<p><b>Pedestrian Safety</b></p> <ul style="list-style-type: none"> <li>• Walk with your child often: be a role model and take the time to teach them how to cross the road safely.</li> <li>• Remind older children and youth to keep their phones down and heads up when walking and crossing the street.</li> </ul>	<p><a href="#">Pedestrian Safety for Children</a></p>
	<p><b>Cycling and other wheeled activities (skateboarding, scootering, etc.)</b></p> <ul style="list-style-type: none"> <li>• Wearing a bike helmet every time you ride your bike can save your life and reduce the likelihood of a head injury by as much as 80%.</li> <li>• If buying a multi-sport helmet, read the helmet's guidelines and manuals to know which activities it can be used for.</li> <li>• Learn and follow the rules of the road.</li> </ul>	<p><a href="#">Take the Bike Helmet YES Test</a></p> <p><a href="#">Bike and Small Wheeled Recreation Safety Overview</a></p> <p><a href="#">In-line Skating and Skateboarding</a></p>