

# Preventing Harm from Falls at Home and at Play

## Children age 0-5

Facts about Falls	Key Fall Prevention Messages		AHS Fall Prevention Resources
<p>In Alberta, falls in the home were the second highest reason for Emergency Department/Urgent Care visits for children under age 5 in 2018.</p> <p><i>Supervision, removal of hazards, safe play practices, 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>	
	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="#">Playground Safety YES Test: Checklist</a></p>

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## Children age 0-5

Facts about Falls	Key Fall Prevention Messages		AHS Fall Prevention Resources
<p>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%</p>	<p>Bike Safety</p>	<ul style="list-style-type: none"> <li>• Children aren't ready to travel in a bike trailer or carrier until they can sit upright, have good head control and are over 1 year of age.</li> <li>• Ensure your child is wearing a helmet whether on a bike trailer or carrier, tricycle or a push bike.</li> </ul>	<p><a href="#">Take the Bike Helmet YES Test</a></p>
	<p>Trampolines</p>	<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>	<p><a href="#">Backyard Safety for Children</a> <a href="#">AHS Trampoline Position Statement</a></p>

# Preventing Harm from Falls at Home and at Play

## Children age 5-9

Facts about Falls	Key Fall Prevention Messaging		AHS Fall Prevention Resources
<p>Fractures as a result of falls were the leading type of injury for children 5-9 years of age in 2018.</p> <p>Children 5-9 tend to be injured on the playground while children 10-12 tend to be injured during recreation activities.</p>	<p>Playground Safety</p> <ul style="list-style-type: none"> <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>	<ul style="list-style-type: none"> <li>Ensure your child is playing in a safe environment wearing the proper gear for the activity understands the rules of the game</li> <li>Ensure your child's coach has the skills and training to lead the activity.</li> </ul>	<p><a href="#">Sports and Recreation Safety</a></p>
	<p>Trampoline</p> <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>		
<p>Outdoor active play is important to a child's development and overall well-being.</p> <p>Health care professionals should encourage parents to let their children engage in a variety of different outdoor activities including, but not limited to, running, jumping rope, and bike riding.</p>	<p>Outdoor Active Play</p> <ul style="list-style-type: none"> <li>Outdoor active play should include safety practices to reduce the risk of serious injury.</li> <li>During play children should wear appropriate clothing and equipment.</li> <li>Parents are encouraged to supervise their children, especially children 0-5, during activity to help reduce the risk of injury.</li> <li>The level of supervision may decrease as the child grows and gains more experience.</li> <li>The level of supervision depends on multiple factors including chronological and developmental age, behavioural characteristics, vulnerabilities, experience, and type of environment where play is occurring</li> <li>Active supervision means being attentive, staying close, and with uninterrupted continuity.</li> </ul>		