

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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Window and balcony safety

How to protect your children

The warm summer breeze is not the only thing an open window invites into your home. Unchecked, that same window can invite unnecessary risks.

Open windows and balcony doors are potentially dangerous to curious children.

As summer temperatures go up, Alberta Health Services (AHS) EMS and Emergency Departments report an increase in the number of children injured after falling out of windows or off of balconies.

Most of these falls can be prevented with a few precautions:

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Install window guards on all windows on the second floor and above. These act like gates in front of windows.
- Consider installing safety devices which limit the distance in which a window can open to 10cm (4 inch).
- Remember: screens are designed to keep bugs out, NOT to keep children in.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.



- Furniture and other items stored on balconies and decks can be used to climb, resulting in a fall over the railing.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-down devices placed high on the wall, to avoid a choking hazard.
- Removing corded window coverings is the best way to keep your children safe, especially in your child's bedroom and other rooms where they play.
- Direct supervision of children is always the most effective way to prevent falls.

Take precautions today so your child can enjoy tomorrow. A safe summer is a fun summer.

AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Visit us at: www.windowssafety.ca