



### Out and about

- ✦ avoid using play equipment that is old or damaged or equipment that does not have an impact-absorbing surface under it
- ✦ encourage children to wear a properly-fitting cycle helmet whenever they are riding a bike – both on and off the road.

### In an emergency

If your child has been knocked unconscious from a fall:

- ✦ dial 999 immediately to request an ambulance
- ✦ let the ambulance service know if your child is now conscious or unconscious – they will advise you on what to do while you are waiting
- ✦ if your child becomes conscious, tell them or her to keep as still as possible.

### We strongly advise parents and carers to learn first aid

For further information on first aid and first aid courses contact

British Red Cross [www.redcross.org.uk](http://www.redcross.org.uk)

St John Ambulance [www.sja.org.uk](http://www.sja.org.uk)

St Andrew's [www.firstaid.org.uk](http://www.firstaid.org.uk)

Sample Copy

# how safe is your child from a serious fall?

a safety guide for parents and carers of young children



**capt** is a charity committed to reducing childhood injury.

Falls are the most common childhood accident. Although most falls are not serious, some can lead to injuries with long term consequences.

The most serious injuries and deaths happen when children fall from windows, balconies, roofs and high walls. When toddlers fall down stairs they can also be seriously hurt. Find out how to protect your child from a serious accident.



### Windows

- ✎ fit window locks or safety catches to stop windows from opening more than 6.5cm (2.5"), but make sure family members know where the keys are in case of a fire.
- ✎ move furniture such as beds and chairs away from windows to prevent children from climbing up and falling out.



### Balconies

- ✎ take particular care in houses or flats with balconies
- ✎ there should be a barrier at least 110cm (4') high around the edge of a balcony. Also check the width between railings on balconies. If the gaps are more than 6.5cm (2.5"), board them up
- ✎ keep young children away from balconies unless you are with them. You can do this by keeping balcony doors locked when not in use.

### Stairs and banisters

- ✎ when your baby starts to crawl, fit safety gates to stop them climbing stairs or falling down them
- ✎ accidents happen when young children climb over or through banisters. If gaps are more than 6.5cm (2.5") cover with boards or safety netting. Board up any gaps in horizontal rails because they are particularly easy to climb
- ✎ make sure that stairs are free from clutter
- ✎ encourage older children not to play on stairs or run down them.

### In the home – general safety tips

- ✎ bunk beds are not suitable for children under six. Teach your child not to play on the top bunk
- ✎ use safety glass (complying with BS 6206) in low glass doors and windows or cover the panes with safety film. This can stop children being seriously cut if they run or fall into the glass. (Contact a Glass and Glazing Federation glazier for further information). A simple alternative is to board up the glass areas.

### Babies

- ✎ remember that although babies have limited mobility, they can still wriggle, kick or roll into hazardous situations
- ✎ don't leave a baby unattended on any raised surface
- ✎ always change a baby on the floor to reduce the risk of their falling
- ✎ if your baby is in a car seat or bouncing cradle, put it on the floor, not on a high surface
- ✎ always secure a baby using a five point harness in a high chair, pram or pushchair. If you are buying a separate harness, look for one made to BS 6684
- ✎ remove large cot toys from a baby's cot once your baby can sit up or get on all fours, as babies can use them to climb out of the cot
- ✎ if you carry a baby down stairs, always keep one hand free to use the hand rail otherwise you could easily slip and drop your baby. Never allow a toddler to carry a baby down stairs
- ✎ only use baby walkers complying with BS EN 1273:2005. Baby walkers with older standards are less safe
- ✎ never leave your baby alone in a baby walker.

### In the garden/yard

- ✎ encourage children not to climb on roofs or other high areas such as sheds or fences
- ✎ when children play in trees, make sure the branches are pruned to prevent them climbing higher than you could easily rescue them
- ✎ position climbable play equipment over something soft like a mat, soft earth or well watered grass. Never put it over paving, tarmac or concrete.