



FALL PREVENTION CHECKLIST FOR CHILDREN

You can help protect your child from preventable falls.

SHOE AND CLOTHING CHECK

- Are shoes in good condition and fit properly?
- Are shoes secured on feet with fasteners?
- Does clothing fit properly and not too baggy?

INDOOR FLOOR CHECK

- Are toys and other objects cleaned off the floor and stored properly?
- Are rugs secured on the floor with double-sided tape or non-slip backing?
- Are power cords taped down or out of walkways?
- Are floors clear of spills or other slippery material?
- Are bathtub or shower floors covered with non-slip material?

INDOOR ENVIRONMENT CHECK

- Is heavy furniture like bookshelves and dressers secured to the wall?
- Is there adequate lighting to navigate around furniture and objects?

STAIR AND STEP CHECK

- Are stairs clear of objects?
- Do stairs or steps have sturdy handrails?
- Are baby gates in place when children are unable to use stairs independently?
- Are stairs in good condition, free from broken or uneven steps?

OUTDOOR ENVIRONMENT CHECK

- Is your outdoor play environment free from tripping hazards such as tree roots, rocks, and uneven pavement?
- Is play equipment sturdy and secured?

HEALTH CHECKLIST

- Does your child show signs of decreased balance?
- Does your child show signs of decreased vision?

If you checked either of the boxes above please bring up these concerns with your child's pediatrician.

Arizona Falls Prevention Coalition: Student Committee

