



## THE ARIZONA FALLS PREVENTION COALITION

Student Committee

Dr. Emily Serbin,  
Chairperson

<https://www.azstopfalls.org/student-committee>

## KNOW WHEN AND WHERE TO GET HELP

### What to do if your child falls and is injured?

Stay calm and assess your child's injuries. Look for any signs of head trauma, bleeding, difficulty breathing, broken bones, and other injuries.

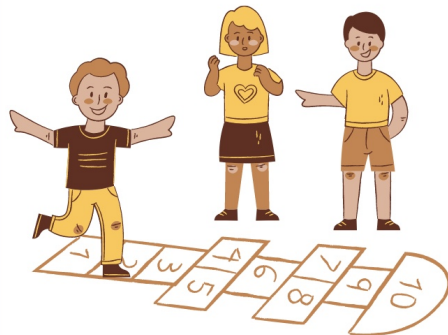
### Are you unsure?

If you are unsure about your child's injuries, call your pediatrician or go to the nearest emergency room right away.



## DID YOU KNOW?

Unintentional falls are a leading cause of nonfatal injury in children younger than 14 years of age in the United States and account for 8 percent of fatal children's injuries worldwide.



## PEDIATRIC FALL PREVENTION

## INFORMATION AND RESOURCE GUIDE

The Arizona Falls Prevention Coalition  
Student Committee

THE IMPORTANCE OF

# FALL PREVENTION



Play promotes physical, cognitive, social and emotional development. However, falls can occur during play. Promoting play while decreasing the risk of fall supports child development and maintains safety.

Environmental safety checks can help identify and remove fall hazards. Education on safe play and protective equipment can also decrease fall risk and prevent injury when falls do occur.



## WHAT YOU CAN DO TO HELP

- **INSTALL WINDOW GUARDS AND STOPS**
- **SECURE KIDS WHEN SEATED**
- **HAVE YOUR CHILDREN PLAY ON SOFT SURFACES AT PLAYGROUNDS**
- **WATCH OUT FOR STAIRS**
- **PREVENT SLIPS AT HOME**
- **PREVENT TV AND FURNITURE TIP-OVERS**
- **HELP BABIES LEARN TO STAND AND WALK**
- **TEACH YOUR CHILDREN TO "BE SMART, PROTECT YOUR HEAD"**



## RESOURCES

- **Websites**
  - Arizona Falls Coalition
    - <https://www.azstopfalls.org>
  - Children's Safety Network
    - <https://www.childrenssafetynetwork.org/child-safety-topics/falls>
  - Safe Kids Worldwide
    - <https://www.safekids.org/falls>
- **Contact numbers**
  - Call your healthcare provider to discuss the best options for your child
  - In an emergency, call 911

