7 WAYS TO PREVENT PEDIATRIC FALLS

01 Watch your kid when he or she is outside
  • Uneven grass, hills, and surfaces can make it harder to walk

02 Install safety gates on stairs or guards on windows
  • Make sure windows are locked when children are present

03 Using proper safety equipment when needed
  • The use of knee pads, elbow pads, wrist guards, and helmets.

04 Removing fall hazards and securing throw rugs whenever possible
  • To secure throw rugs a double-sided tape or rubber pad can be used to keep them from sliding

05 Install bed rails
  • Make sure the opening rails are small enough to avoid a child from getting trapped

06 Never leave children unattended in high places
  • Use care in sofas, and tables, and beds

07 Never leave children alone in or around the bathtub
  • Kids can fall in the tub when the floor is wet

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