

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

Get information from trusted sources

SOURCE: [MYHEALTH.ALBERTA.CA](https://myhealth.alberta.ca)

