



Fall Prevention

- Falls are the leading cause of unintentional injury for all children ages 14 years and under.
- In DeKalb County, from 2004 through 2007 close to 16,000 children under age 14 were treated for fall related injuries.
- In the U.S, approximately 103 children die from fall-related injuries and 2.3 million injures to children are reported



- More than 80 percent of fall-related injuries among children 4 years and under occur in the home.
- For children ages 5 to 14 years, nearly 50 percent of fall-related injuries occur in the home, and 23 percent occur at school.

Safe Kids USA recommends these basic steps to prevent falls around the home:

- Use non-slip rugs on the floor and mats or decals in the bathtub or shower.
- Keep hallways and stairs well lit and clear of clutter, including toys .
- Never let children play on elevated porches, decks, stairs or balconies.
- Attach safety gates at the top of stairs must be attached to the wall, as these are more secure than the kind held in place by outward pressure. Use safety gates that meet current safety standards to avoid entrapment and other hazards.
- Install window guards to prevent children from falling out. For windows above the first floor, install window guards with an emergency release device in case of fire. Do not rely on window screens to prevent falls.
- Install window stops so that windows open no more than four inches.
- Keep windows locked and closed when not in use.
- Keep furniture away from windows so kids cannot climb to the ledge.

For more information, please contact Janet Weisman, Injury Prevention Coordinator, DeKalb County Board of Health
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- Do not rely on window screens to prevent falls.