



child accident
prevention trust



How safe am I from
a serious fall?

We're always falling over our feet. But sometimes, when we fall further and hit something hard, we can be badly hurt. Falling downstairs or out of windows can hurt our brains as well as our bodies.

Every day, 45 children under five, like me, are admitted to hospital because we have fallen and hurt ourselves at home.

Why do we fall so much?

- We love to explore and try new things, and we have no sense of danger
- As we grow up we surprise you, and sometimes us too, with what we can do
- We are not scared of trying new things like some grown-ups are
- If we see a chance to do something you have told us not to, because we could get hurt, we might still try to do it because we don't understand what can go wrong.

What can you do to keep me safer at home?

Sometimes it's hard to know what I will do next but there are some easy things you can do to make our home safer and stop me being badly hurt in a fall.

- Once I start crawling, fit safety gates to stop me climbing the stairs or falling down them
- When buying me a highchair, check it has a five point harness, like the one in my buggy, to strap me in
- Make sure you strap me into my highchair every time, even if I'm messing about

- Fit safety catches or locks to our window
- If you fit window locks, put the keys somewhere you can find them easily, so we can get out if there is a fire
- Keep furniture, like my bed or the sofa, away from the windows, to stop me climbing up
- Make sure there's nothing near the window that can move and use as a step, like my toy box.

What to do in an emergency

If I am knocked unconscious when I fall, call 999 right away and ask for an ambulance

- tell them how long I have been unconscious or, if I'm waking up, how I am – they will tell you what to do while we wait for the ambulance
- If I wake up, tell me to stay as still as possible, just in case I have broken anything.

If you do a first aid course, you could save my life in a crisis.



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