

A child wearing a bright yellow parka with a fur-lined hood and a red beanie stands on a large, fallen tree trunk in a forest. The child's arms are outstretched to the sides. The forest consists of tall, thin evergreen trees. The ground is covered with grass and fallen leaves. The text is overlaid on the left side of the image.

saskatchewan
preventioninstitute
our goal is **healthy** children

Child Injury in Saskatchewan

Between 2004 and 2013,
there was an average of:

1,657

injury-related
hospitalizations
each year

69

injury-
related
deaths



Facts About Falls

What are the numbers?

Between 2004 and 2013,

3,335

Saskatchewan children
and youth were
hospitalized due to a fall.



Facts About Falls

Why are children falling?



Reasons Why Children are More at Risk for Fall-Related Injuries



- Curiosity
- Physical development
- Problem-solving skills
- Developmental milestones
- Supervision

A young boy with short, light-colored hair is sitting on a log in a grassy field. He is wearing a light blue t-shirt and patterned shorts. He is resting his chin on his hand and looking towards the camera with a slight smile. The background is a blurred green field with trees.

Hazard vs Risk

A **hazard** is a danger in the environment that could seriously injure a child and is **beyond the child's ability to recognize**.

A **risk** is the challenge or uncertainty in the environment **that the child can recognize and learn to manage** by setting his/her own limits and building his/her skills.

A Note About Active Play



Preventing Falls: Accidents?

The majority of injuries are **predictable** and **preventable**.

In order to prevent a fall, look at:

- What happened before?
- What happened during?
- What happened after?



How to Prevent Childhood Falls

- Active supervision
- Use safety equipment
- Make the area safe
- Teach safety skills
- Set a good example



ALTER for Child Safety

www.alterforchildsafety.ca

Activity that you or your child are doing

Location of you or your child

Timing of your or your child's tasks

Environment that you live and spend time in

Resources



What to Say to Kids Instead of "Be Careful!"

Help Your Child Foster Awareness by Saying:

- Notice how... these rocks are slippery, that branch is strong...
- Do you see... the poison ivy, your friends nearby?
- Try moving... your feet carefully, your quickly, strongly.
- Try using your... hands, feet, arms, legs.
- Can you hear... the rushing water, the singing birds, the wind?
- Do you feel... stable on that rock, the heat from the fire?
- Are you feeling... scared, excited, tired, safe?

Help Your Child Problem Solve by Saying:

- What's your plan... if you climb that boulder, cross that log?
- What can you use... to get across, for your adventure?
- Where will you... put that rock, climb that tree, dig that hole?
- How will you.... get down, go up, get across?
- Who will... be with you, go with you, help you if?



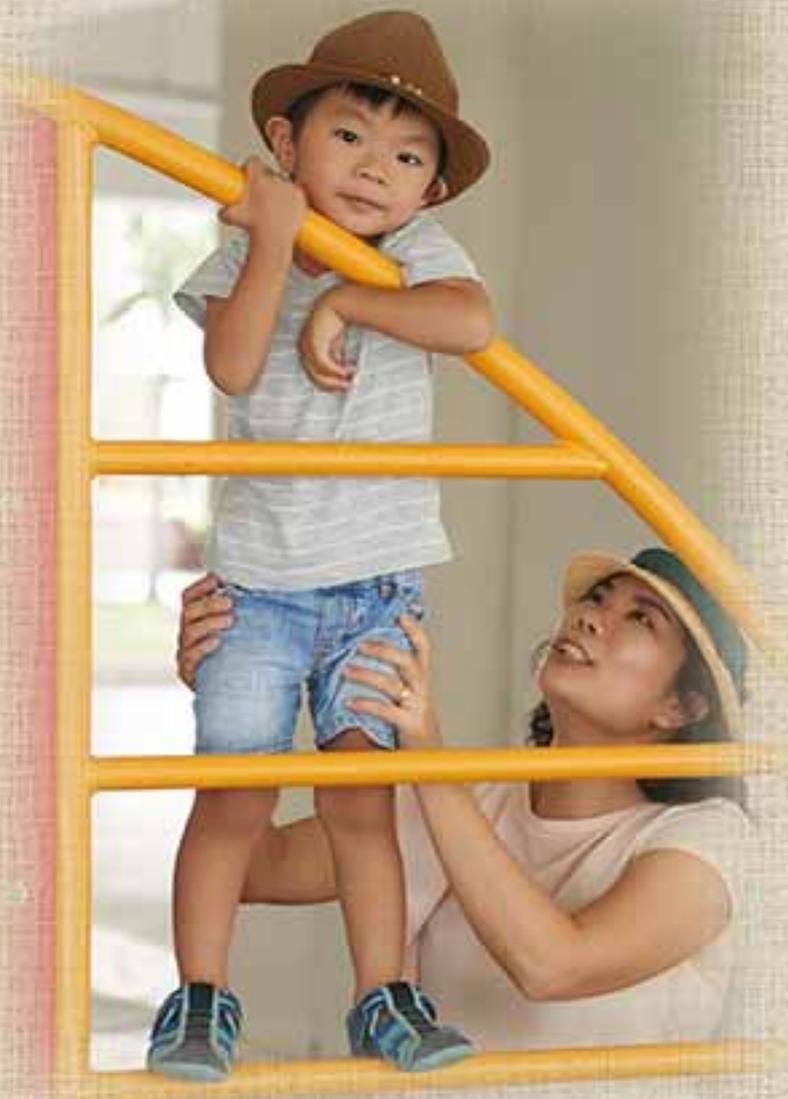
Playground Falls

- Between 2004 and 2013, **1,071** children and youth were hospitalized due to a playground-related fall.
- 65% of these falls were in children between the ages of 5 and 9 years.
- Reported equipment involved in falls: **trampolines (42%), monkey bars (30%), slides (10%).**



Preventing Playground Falls

Stay beside your child as he learns to climb and play on a structure.



Preventing Playground Falls

If your child can get onto the structure by himself, it is the right size for him to play on.



Preventing Playground Falls

- Make the area safe
- Use safety equipment
- Teach safety skills



Websites

<https://skprevention.ca/safety/falls/>

Saskatchewan Prevention Institute

www.preventchildinjury.ca

Prevent Child Injury

www.parachutecanada.org

Parachute Canada

www.alterforchildsafety.ca

ALTER for Child Safety

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