

# FALLS ARE THE LEADING CAUSE OF Hospitalization

November

DUE TO INJURY IN CHILDREN AND YOUTH  
in Saskatchewan.

At each stage of development, children learn new skills (e.g., reaching, rolling, climbing, and walking). It is important to look for possible risks associated with falling at each stage of development.



Safety measures can be taken to help ensure a child does not suffer an injury due to a fall.

- 1 Always use safety straps on high chairs, strollers, and baby equipment.
- 2 Keep one hand on your baby when she is at a height above the floor (e.g., when using a change table).
- 3 Keep the doors and windows locked, and move furniture away from windows that open.
- 4 Use safety gates at the top and bottom of stairs. Once your child is tall enough that his chin is above the safety gate, remove the gates. Teach your child to safely go up and down the stairs.
- 5 Secure heavy furniture (e.g., dressers, televisions, bookshelves) to the wall using brackets.
- 6 Move your child's crib mattress to the lowest level once he can push his body up onto his hands and knees. Move your child out of a crib when he is 89 cm (35 in.) tall.

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