



## Safety in the home - Falls

**Falls are by far the most common cause of accidents in the home so it's important to be aware of dangers posed by stairs, high chairs and changing tables.**

The basics:

- Remember that even small babies can wriggle and kick enough to fall off a raised surface.
- Always strap your baby or toddler into the high chair at feeding time. Toddlers soon learn to push themselves out of their seat if they're not strapped in, making it easy for them to topple over.

**More information on Page 2**

**For additional Parent Tips see [www.ihv.org.uk](http://www.ihv.org.uk)**

The information in this resource was updated on 30/05/2019 and will be reviewed again in 05/2021 and when new evidence becomes available.

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- Changing your baby on the floor is the safest way to avoid an accidental fall, but if you'd prefer to use a changing table (or have to use one while out and about) be sure never to leave your baby unattended, even for a moment. Make sure you have your nappies and wipes close to hand. Avoid using other raised surfaces (such as a bed) to change your baby.
- Fit safety gates to stop your baby getting onto stairs. Close the gates properly after you go through them.
- Never leave objects such as toys or books on stairs which pose a trip hazard.
- As your children get older, discourage them from playing on stairs or climbing on bannisters. Remind them to keep the stairs clear of toys, books and other objects.
- Keep your stairs in good condition, making sure stair coverings are not worn and lacking in grip, and that banisters are secure.
- Keep windows and balcony doors closed or fit child resistant window restrictors so windows cannot be opened wide.
- Never leave anything your child can climb on underneath a window.
- Your baby's cot should be positioned well away from the window. Ensure that the base of the cot is adjusted to a low enough position to prevent the child climbing out.
- Discourage your child from climbing on furniture and make sure heavy objects - such as bookcases and chests of drawers - are secured to the wall so they cannot be pulled over.
- Take care with garden items such as trampolines and other outdoor play equipment. Trampolines in particular should be viewed with caution, particularly for children under 6 who are most likely to get injured when playing on them. Make sure only one child plays on the trampoline at any time. You can read helpful advice on trampoline safety on the RoSPA website here: <https://www.rospa.com/leisure-safety/advice/trampoline/>

- Make sure your child always wears a helmet when they're riding on their scooter, balance bike or bike.
- If you have any worries or questions about safety around the home or when on holiday, your health visitor can offer advice which follows current safety guidelines.

## More information:

For more information on child safety, visit:

[www.capt.org.uk](http://www.capt.org.uk)

And for comprehensive advice on safety for babies and toddlers, visit:

[www.nhs.uk/conditions/pregnancy-and-baby/baby-safety-tips](http://www.nhs.uk/conditions/pregnancy-and-baby/baby-safety-tips)

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