

Children are natural risk-takers. Between the ages of 5–9 years old they like to be the biggest and fastest at jumping, balancing and climbing. Unfortunately, falls are the leading cause of unintentional injury for children, with the most serious falls occurring in the home. The good news: in just 12 easy steps you can make your home safer for you and your family.

Bedroom:

1. Install safety devices on all second floor windows and above so they only open 10 cm. A window screen will not prevent a fall.
2. Secure all window blind cords. Never create loops with the cords, they may get caught around a child's neck.
3. Move beds away from windows to discourage children from trying to climb out.

Bathroom:

4. Use non-slip mats in the bath tub.
5. Clear all soap dispensers and shampoo bottles from the shower floor to prevent tripping.
6. Keep floors dry. Clean up spills immediately to prevent slipping.

Kitchen:

7. Store food treats and attractive items in places where a child will not be tempted to climb on counters and chairs to reach them.
8. Keep heavy equipment on the low shelves to prevent them from falling and injuring someone.

Family Room:

9. If a piece of furniture is unstable or top-heavy, secure it to a stud in the wall using brackets or wall straps. Little climbers can easily topple heavy furniture.
10. Make sure that you can see sliding glass doors by attaching a sticker at eye level.
11. Prevent falls by making sure that all rugs are secured to the floor or have non-slip backing.

Stairs:

12. Fix loose carpeting on stairs, tighten railings and ensure that the stairs are free from objects such as toys, clothing and shoes that could cause a fall.

For more information about making your home safe, contact:

The Porcupine Health Unit at 1-800-461-1818
www.porcupinehu.on.ca

Safe Kids Canada at 1-888-SAFE-TIPS (723-3847)
www.safekidscanada.ca



Kids are unpredictable. Injuries don't have to be!



12 Steps to a Safe Home

Tips for keeping your 5–9 year old safe.



