

Maimonides Children's Hospital

Brooklyn's *Only* Pediatric Trauma Center

Fall Prevention

Falls are one of the leading causes of pediatric injury. Hundreds of children with fall-related injuries are seen by the Trauma Team at Maimonides Medical Center each year. Many of the falls occurred on stairs or steps, from bed or other furniture, from playground equipment, and even from people's arms.



Stairs or Steps

ALWAYS take children out of strollers before going up or down stairs

ALWAYS use safety gates at the top and bottom of stairs when small children are in the home

ALWAYS walk up and down stairs slowly when holding a child, and try to keep one hand free to hold onto hand rails.

ALWAYS keep stairways well lit and clear from clutter to prevent tripping

Around the Home

ALWAYS anchor furniture to a stud in the wall to prevent tip overs

ALWAYS use bed rails for young children to prevent rolling out of bed

ALWAYS keep young children on the lower bunk of the bed, children should not sleep on the top bunk until they are least 6 years old.

ALWAYS keep windows locked or protected by approved window guards



Playground

ALWAYS monitor children on the playground and only allow them to play on age-appropriate equipment

ALWAYS check to make sure the surface beneath equipment is soft, such as mulch, gravel, or cushioning



For Injury Prevention Information
Call 718.283.2828 or email injuryprevention@maimonidesmed.org

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718.283.7500