

How safe am I from a serious fall?

We're always falling over our feet. But sometimes, when we fall further and hit something hard, we can be badly hurt. Falling downstairs or out of windows can hurt our brains as well as our bodies.



Every day, 45 children under five, like me, are admitted to hospital because we have fallen and hurt ourselves at home.



child accident
prevention trust

Why do we fall so much?

- We love to explore and try new things.
- As we grow up we surprise you, and sometimes us too, with what we can do.
- We are not scared of trying new things and have no sense of danger.
- If we see a chance to do something you have told us not to, because we could get hurt, we might still try to do it because we don't understand what can go wrong.

What can you do to keep me safer at home?

- Once I start crawling, fit safety gates to stop me climbing the stairs or falling down them.
- When buying me a highchair, check it has a five point harness, like the one in my buggy, strap me into my highchair everytime.
- Fit safety catches or locks to our window.
- If you fit window locks, put the keys

somewhere you can find them easily, so we can get out if there is a fire.

- Keep furniture, like my bed or the sofa, away from the windows, to stop me climbing up.

In an emergency

If I am knocked unconscious when I fall, call 999 right away and ask for an ambulance.

The ambulance will be on its way straight away, and the call taker will ask a series of questions until it arrives

- tell them how long I have been unconscious or, if I'm waking up, how I am – they will tell you what to do while we wait for the ambulance.
- If I wake up, tell me to stay as still as possible, just in case I have broken anything.

**Considered doing a first aid course?
It could save my life in a crisis.**

West Midlands Ambulance Service



NHS Foundation Trust