

Help Us Keep Your Children Safe!!!

Millions of people are injured by falls. People at risk of falling include:

- hospital patients, including children
- those who are recovering from an illness or injury at home.

This brochure includes tips and actions you can take to reduce the risk of falling.



Help stop your child from falling:

- Use your call button to ask for help for your child getting out of bed
- Ask for help going to the bathroom or walking around the room or in hallways
- Wear non-slip socks or footwear provided by the hospital
- Lower the bed and the side rails before your child gets out of bed
- Please let us know if you leave your child alone
- Please do not allow your child to stand or play on the furniture
- Please do not allow your child to ride on or climb the IV pole



Many falls are related to the age and development of your child:

- Children 4 years and younger are at a higher risk of falling. This is because of the development of their muscles and coordination skills. Young children do not understand what the word safety means.
- School age children to adolescents (10 yrs to 18yrs) are at risk for falling. This is because they don't want to ask for help. This age group is modest. They do not want others around when using the bathroom and dressing. Encourage them to ask for help.



Environmental safety:

- If your child is older than 13 years and wearing a green armband, we need a consent that lets them leave the unit without an adult.
- Please check in and out at the front nurse's station when your child leaves the unit for any reason.
- Please keep all bed rails up when your child is alone in the room or sleeping: Do not allow your child to sleep in the bedside chair.
- Keep rooms uncluttered. Watch for slippery floors or unclear walkways.



Please ask staff for help at any time you feel your child might be at risk for falling or injury.

It takes a **TEAM** to keep our children safe - Be a part of it.