

# Safety Fact Sheet



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

## FALL PREVENTION FOR CHILDREN

To prevent falls from happening to your children, share with them the following safety tips:

- Don't try to get something that's out of your reach by climbing on a chair or table. Ask an adult to help you.
- Always sit in the bathtub when you are bathing. Bathtubs and showers can be slippery, especially when they are full of water. Many children are hurt by slipping in the bathtub and hitting their heads.
- Don't walk through a dark house; turn on the lights so you can see where you are going.
- Always pick up your toys so that other people in the house don't trip on them.
- Don't open an upstairs window by yourself.
- If certain furniture or other items were not made for you to sit or stand on them, then don't sit or stand on them.
- Use the hand rail when you walk up and down steps. Don't slide down the handrail, it needs to stay sturdy for other people to use!
- Don't jump on beds or sofas.
- Always keep your shoe laces tied.
- Don't try to carry too many things at once.
- Remember your manners on the playground. Do not push, shove or crowd each other. Use the equipment how it was meant to be used.

