

# Protect the Ones You Love From Falls

*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC—safer, healthier people.*

Falls are the leading cause of non-fatal injuries for all children ages 0 to 19. Every day, approximately 8,000 children are treated in U.S. emergency rooms for fall-related injuries. This adds up to almost 2.8 million children each year. But, injuries from falls can be prevented, and you can play a key role in protecting the children you love.

To keep kids safe on a playground, make sure they use playground equipment that is properly designed and maintained and that has a safe, soft landing surface below. This can help reduce the likelihood of injury if your little one trips and falls while playing.

Also, use home safety devices, like guards on windows above ground-level, stair gates, and guard rails. Falls can happen at home, as well as at the playground, so these safety devices can help keep a busy, active child from taking a tumble that could be dangerous. When your child is quickly growing and developing, he or she may go from not being mobile one day to suddenly rolling over on his own, and crawling soon after that. Be aware of your child's level of mobility and anticipate his or her actions. Just because your toddler hasn't tried to crawl down the stairs yet doesn't mean that he or she won't try tomorrow.

Simple precautions can help prevent injury. Make sure your child wears protective gear when playing active sports, such as wrist guards, knee and elbow pads, and a helmet when in-line skating. This gear can reduce the likelihood of sports-related injury and help keep your child in the game.

Close supervision of children in your care is a critical step you can take to prevent injury from falls, whether you're at home with your child or out to play. Overall, it's important to supervise young children at all times around fall hazards, such as stairs and playground equipment.

When it comes to a child you love, *of course* you want to protect them from harm. It's within your power to help them live to their full potential, without experiencing the pain and suffering that injuries can cause.

*Protect the Ones You Love: Child Injuries Are Preventable* is a CDC initiative to raise parents' awareness about the leading causes of child injury in the United States and how they can be prevented. For more information, please visit [www.cdc.gov/safechild](http://www.cdc.gov/safechild).

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*