

# SAFE BEGINNINGS FALL PREVENTION CHECKLIST

- Install stair gates at the top and bottom of stairs
- Keep stairs clutter free
- Install window stops to prevent windows from opening more than 4 in.
- Lock doors to balconies, decks, and basements
- Move furniture away from windows and balcony doors
- Place car seats and other baby carriers on the floor, never on top of furniture
- Always buckle your child in highchairs
- Use decals on bathtub floors
- Use nonslip mats on bathroom floor and nonslip rugs around the home



Child Abuse Prevention Council  
of Sacramento, Inc.



# WHAT TO DO IF YOUR CHILD FALLS

SEEK MEDICAL CARE IF YOUR CHILD SHOWS ANY OF THE FOLLOWING SYMPTOMS:

- Sleepiness/difficulty waking up
- Irritable, easily upset, or cannot be comforted
- Vomits more than once
- Head, neck, or back pain
- Increasing pain anywhere
- Not walking normally
- Unfocused eyes
- Any other worrying behaviors

CALL 911 AND DO NOT MOVE YOUR CHILD IF THEY:

- May have a serious head, neck, back, hipbone, or thigh injury
- Are unconscious
- Are having difficulty breathing
- Are not breathing (perform CPR)
- Have a seizure