



Focus on...

Trips, slips and falls

Did you know?

- Every day, 45 children under five are admitted to hospital following a serious fall. Stumbles are to be expected, but more serious falls which lead to head injuries can have a lifelong impact
- Falls are also a serious risk for older children. Each year, around 27,000 children aged 5-14 are admitted to hospital after a fall

Cots, beds and changing tables

Children should NEVER be left unattended on high surfaces.

Stairs

Safety gates must be used to stop children having free access to the stairs.

Adults should hold the handrail when carrying young children.

Highchairs

Always strap children into a highchair to keep them safe.

Children should never be left unattended in a high chair as they may try to climb out or topple over.

Trampolines

All trampolines should have a safety nets.

Children should take it in turns to bounce on the trampoline.

Children should never be left alone when playing on a trampoline.

Windows

Never place furniture near to a window

Ensure windows are locked and the key kept somewhere safe in case of a fire.

Further information available

[falls factsheet 2024.pdf \(capt.org.uk\)](#)

[Falls-from-windows-session-plan.pdf \(capt.org.uk\)](#)

