



مركز كلينصو الطبي
CLEMENCEAU MEDICAL CENTER

AFFILIATED WITH **JOHNS HOPKINS** INTERNATIONAL



Pediatric Fall Precautions



The safety of our babies is very important to us. Falls can occur at anytime and anywhere.

Why you should learn about fall?

When a baby first learns to walk, preventing falls requires constant supervision. Babies reach, grasp, roll, sit, and eventually crawl, pull up and walk. At many stages in the first 2 years, they are able to move around and get into things in one way or another. Toddlers will try to climb but may not have the coordination to react to certain dangers. They will pull themselves up using table legs and may use bureaus and dressers as jungle gyms. They will reach for whatever they can see. So the potential for a dangerous fall or a tumble into a sharp edge can happen in nearly every area of your home.

What can you do to prevent fall?

At Home:

1. Don't use a baby walker for your infant if he is unattended. Babies in walkers can fall over objects, roll into hot stoves and heaters and may roll down stairs.
2. Move chairs, cribs, beds and other furniture away from windows to prevent children from climbing to reach the window.
3. Use baby gates at the top and bottom of stairs.
4. Never leave your child unattended around stairs even those that are gated. Babies can climb up the gate at the top of the steps and fall from an even greater height.
5. Keep the area on both sides of the crib or bed free of clutter.
6. If possible, keep the bed in the lowest position.
7. Keep side rails up whenever your child is in crib/bed, unless you are providing care.
8. All children who fall asleep outside of their crib/bed should be returned to their crib/bed.
9. Do not leave your child unattended in the playroom.
10. Do not allow running or climbing on furniture.
11. Use the safety straps of an infant seat, stroller, highchair, wheelchair, etc. Don't put bouncy seats or car seats on countertops, tables or appliances.
12. Use night lights in your child's bedroom, the bathroom and hallways to prevent falls at night.
13. Use a rubber pad in the bathtub to help prevent slipping.
14. To reduce the risk of injury, cover sharp furniture and fireplace corners with corner or edge bumpers.
15. Keep one hand on babies when they are on the changing table or couch.
16. Don't let kids stand in shopping carts.

At Hospital:

1. If you are feeling weak, faint or unsteady on your feet, do not lift your baby, please call for assistance by using the nursing call bell.
2. Beds, cribs, and stretchers should be kept in the lowest, locked position.
3. Rooms should have adequate lighting, and the room environment should be uncluttered and free from obstacles.
4. We suggest that you place your baby in the bed/crib when you plan to sleep or use the bathroom; or please call for assistance.
5. Never leave your baby alone in your room. If you walk in the halls or taking a shower, please make sure that your baby is with a family member and that the side rails are up all of the time.

In case of any injury, please do not hesitate to call your physician for the safety of your baby or call Emergency Department at 01/372888 extension: 1900

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