



Fall Seasonal Safety

How to Safely Fall in Autumn

What is the Problem?

Falls are the leading cause of non-fatal injuries for all children ages 0-19.¹ Everyday approximately 8,000 children are treated in US emergency rooms for fall-related injuries, adding up to almost 2.8 million children each year.² In addition, more than one-third of persons 65 or older fall each year, resulting in serious injuries.³



Who is at Risk?

Children and/or toddlers learning to walk or crawl, the elderly, and those with limited mobility have the highest risk of falling.

- Children/Toddlers. Children grow and develop quickly, transitioning from being immobile one day to walking the next.⁴
- Elderly. Approximately 1 in 10 falls results in a serious injury and is associated with restricted mobility.⁵

Prevention Tips

Injuries from falls can be prevented and you can play a key role in protecting the children you love by utilizing the following tips:⁶

- Use farm/playground equipment that is properly designed and maintained⁷
- Use stair gates and guardrails as safety devices from preventing falls and injury while enjoying seasonal hayrides.⁸
- Be aware of your child's level of mobility and anticipate her/his actions.⁹
- Make sure your child wears protective gear/clothing to buffer possible slips, trips, or falls.¹⁰
- Closely supervise children in your care to prevent injury from falls, whether at home or out to play.¹¹



Plan of the Week (POW):

Autumn brings falling leaves and unique safety hazards with seasonal weather changes and holiday celebration.¹² **ALWAYS** remember wet leaves can make surfaces slippery and look before you step, whether onto a pile of leaves or on harder paved surfaces that could experience precipitation or ice.¹³ . Pay close attention to your surroundings and always keep a close eye on young children and the elderly in order to prevent unintentional injury.¹⁴

References

- 1, 2, 4-11, 14 Centers for Disease Control and Prevention (CDC). Podcasts at CDC. Protect The Ones You Love from Falls. <http://www2c.cdc.gov/podcasts/player.asp?f=10541>. Updated 1 April 2008. Accessed 28 August 2013.
- 3 Tinetti, M. E. (2003). Preventing falls in elderly persons. *New England Journal of Medicine*, 348, 42-49. doi: 10.1056/NEJMc020719
- 12, 13 Fermilab Today. Safety tip of the week: Autumn leaves. (2008, October 13). Retrieved from.
Photo Credit: http://www.fnal.gov/pub/today/archive/archive_2008/today08-10-13.html Accessed 28 August 2013

NMCPHC Injury Prevention and Violence Free Living Webpage

<http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

Add Local Information/Logos Here