

Rolling and falling

✗ Never leave a child alone on a change table, couch or bed. They can roll off and hurt themselves.

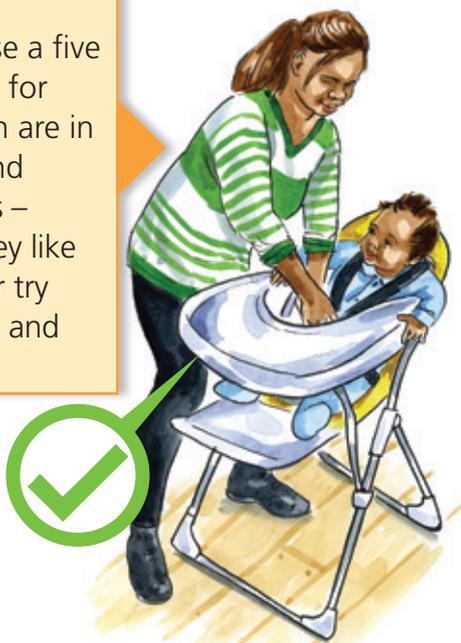
Why? They can take you by surprise – one day they might not be able to roll, the next day they can.

✓ You can change them on the floor if possible so it doesn't matter if they roll.



High chair and prams

✓ Always use a five point harness for when children are in high chairs and prams/strollers – sometimes they like to stand up or try and climb out and can fall.



Baby walkers

✗ Baby walkers are not recommended for use as baby can easily get to dangerous things like stairs, heaters, poisons, etc.



Furniture tipovers

Some children like to climb! Make sure TV's and heavy furniture (bookshelves, cupboards and drawers) are secured to the wall or cabinet using brackets or anchors so they don't fall on children.



Trampolines

X Trampolines are not recommended for children under 6 years old.

Make sure trampolines are set up on a flat surface with bark, mulch or soft grass underneath.

✓ Always watch children on the trampoline and remember, only one child on the trampoline at a time because many injuries on trampolines are from children bumping into each other.

Always watch your child at the playground

Always check the equipment is suitable for the age of your child.



Bunk beds

✘ Bunk beds can cause nasty falls – they are not recommended for use with children under 9 years old.

✘ Don't let children play on bunk beds as many injuries happen when they fall from the top while playing.



Safety checklist to prevent falls

- Have you checked all heavy furniture and TVs are secured/screwed to the wall or cabinet to prevent falling?
- Do you check the springs, net, padding and the mat on the trampoline are in good condition?
- Do you always keep one hand on your baby when changing their nappy or clothes on the change table so they don't roll off?
- Do you make sure your child always wears a helmet, that it's done up properly and fits properly every time they ride a bike or scooter?
- Do you always use the parking brake on the pram, put the wrist strap on and buckle your child in using the 5 point harness?
- Do you use a stationary activity centre instead of a baby walker?
- Do only children over 9 years old sleep in bunk beds?
- Do you always watch your child when they are being held by another child?

For more information, contact:

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