

Good practice for fall prevention in children

	Evidence statement	Transfer and Implementation points
Engineering	Window safety mechanisms to prevent children from opening windows, such as bars and position locking devices, are an effective strategy to prevent falls. ^{14,54}	<ul style="list-style-type: none"> - Window bars have been shown to reduce deaths from window falls by 35%.¹⁴ - Regulations requiring window safety mechanisms on rental housing appears to be most effective approach when working in areas of social deprivation.¹⁴ - Parental knowledge and availability, accessibility, cost and ease of use of window safety mechanisms will impact their uptake.^{55,56}
	Stair gates have shown to assist in the reduction of falls down stairs to young children when used at the top of stairs in households. ²⁷	<ul style="list-style-type: none"> - Parental knowledge and stair gate availability, accessibility, cost and ease of use will impact their uptake.^{27,55,56} - Pressure gates should not be used at the top of stairs.⁵⁷
	Surfacing materials such as sand or wood chips to a depth of 23-31 cm (9-12 inches) can be recommended as effective injury prevention strategies in preventing playground equipment related injuries. Optimal equipment height to reduce risk of head injury is 1.5 m (5 feet). ¹⁴	<ul style="list-style-type: none"> - Level of enforcement will impact effectiveness.²⁸ - Regular maintenance of surfacing materials is necessary to retain protective effect.^{14,58} - Standards are most effective when supported by educational activities.²⁹
Enforcement	Legislation banning baby walkers OR requiring product modification to remove the mobility issue permanently removes a larger portion of existing risk than parental supervision. ^{14,59}	<ul style="list-style-type: none"> - Level of enforcement will impact effectiveness.²⁸ - Legislation is most effective when supported by educational activities.²⁹
	Enforcement of standards requiring safe depth of specified types of surfacing materials and regular maintenance of those materials is more effective than standards alone in reducing playground equipment related injuries. ¹⁴	<ul style="list-style-type: none"> - Level of enforcement impacts effectiveness.²⁸ - Standards are most effective when supported by educational activities.²⁹ - Surfacing standards address risk of head injury, not injuries to arms and legs.¹⁴
Education	<p>Educational programmes encouraging use of fall prevention safety devices such as window safety mechanisms to prevent children from opening windows and down stairs increase use of equipment.^{14,54,56}</p> <p> Case Example: Child Safety Box, Austria, Page 66</p>	<ul style="list-style-type: none"> - Parental knowledge and availability, accessibility, cost and ease of use of safety measures will impact their uptake.^{55,56} - Provision and instalment of free equipment is more likely to increase use, particularly in lower income settings.^{55,56}

