

FALL PREVENTION TRIVIA

Where do children often fall from at home that results in injuries and emergency room visits?

A

Falls down stairs

B

Falls from furniture

C

Falls on level surfaces

D

All of the above

ANSWER: D) All of the above

Children under 10 spend more than 70% of their time indoors at home. Therefore, the home environment is where most falls and injuries happen.

Make your home more safe by removing hazards that might cause a fall, and install safety devices like bed rails and safety gates.



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Where do the majority of infants and young toddlers fall?

A

At the playground

B

Around the home

C

Outside

D

At daycare

ANSWER: B) Around the home

Falls in infants and toddlers typically occur around the home – from furniture, beds, change tables, high chairs or down the stairs.

In older toddlers, falls tend to occur while they are walking, running or crawling around the house.



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Which of the following are ways to prevent falls at home among young children?

A

Active supervision

B

Socks with grips

C

Window guards

D

All of the above

ANSWER: D) All of the above

More tips include:

- Using anchor guards or safety straps on furniture
- Keeping furniture away from windows
- Installing locking devices on drawers and wall mounted safety gates at the top and bottom of stairs



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For how many minutes a day should children be active?

A

180 minutes

B

60 minutes

C

120 minutes

D

45 minutes

ANSWER: A) 180 minutes

At least 180 minutes each day should be spent doing a variety of physical activities. This should include at least 60 minutes of energetic play for preschoolers and at least 60 minutes of moderate to vigorous physical activity for children aged 5-17.



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What does the E in the child safety acronym “ALTER” stand for?

A

Economic

B

Environment

C

Early

D

Emergency

ANSWER: B) Environment

Activities, **L**ocation, **T**iming, **E**nvironment, **R**esources.

Each letter of “ALTER” represents a specific way of preventing injuries in the home. It can be used to help remember how to keep your child safe and prevent falls.

For more information, check out:

alterforchildsafety.ca



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Where do the most falls occur among children aged 5 to 9?

A

Outside the home

B

At school

C

At playgrounds

D

Around the home

ANSWER: C) At the playground

Falling is a normal part of development as children walk, climb, run, jump, play and explore their environment. As children get older and reach between the ages of 5 and 9, playgrounds tend to be the most common area for falls.



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TRUE OR FALSE?



Children under the age of 6 are more likely to be seriously injured as the result of a fall than children of other ages.

ANSWER: TRUE

For children younger than 5 years of age, falls are the most common cause of emergency room visits and hospitalizations.

Injuries resulting from a fall can be attributed to a number of risk factors, such as their stage of development and exposure to household hazards.



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TRUE OR FALSE?



Young children are at the greatest risk of falling because their urge to explore their surroundings does not usually match their ability to assess risk.

ANSWER: TRUE

Childhood is a time to learn how to manage risks and practice healthy risk taking behaviours. During this time, children may lack a sense of danger, making them unable to assess the level of risk in their actions.

Active supervision and keeping your child within arm's reach are ways to help reduce their risk of a fall.



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TRUE OR FALSE?



Most falls are unpredictable and cannot be prevented.

ANSWER: FALSE

Although falls are the most common reason young children visit the Emergency Department, most of these injuries are predictable and can be prevented by knowing fall hazards and taking steps to reduce them in your home.



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TRUE OR FALSE?



Falls are the leading cause of hospital admissions from injuries for children aged 0 to 9.

ANSWER: TRUE

It is often thought that falls are only a problem for older adults, but falls occur across all age groups and can result in severe injury and even death at any age.

Learning about fall prevention is important at every age to prevent serious injuries.



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TRUE OR FALSE?



Children aged 10-14 are most likely to be hospitalized for a fall that happens while playing a sport.

ANSWER: TRUE

The type and severity of falls in children is often reflective of their age. Youth aged 10-14 are most likely to be hospitalized for a fall and resulting injury while playing a sport. Falls involving skates, skis, sport boards or rollerblades are more common at this age.



Many questions are adapted from Grey Bruce Fall Prevention and Intervention Program.

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parachute.ca/fallpreventionmonth

