

Fall Prevention

From the moment your baby starts to crawl, the world is a magical place filled with new adventures and discoveries. From a child's perspective, everything is a potential mountain to climb (that giant bookshelf), obstacle to overcome (those pesky stairs) or mysterious place to investigate. Little bumps will happen, but we are here to help so these brave expeditions do not result in something more serious .

Falls are the leading cause of non-fatal injuries for all children ages 0 to 19. Every day, approximately 8,000 children are treated in U.S. emergency rooms for fall-related injuries. This adds up to almost 2.8 million children each year.

Thankfully, many falls can be prevented and parents and caregivers can play a key role in protecting children (Safe Kids Worldwide).

Oklahoma Facts to think about:

- In 2014, there were 424 inpatient hospital discharges of kids aged 0-19.
 - * The average cost of a stay was nearly \$25,000.
 - * 60% of these were males.
 - * Two thirds of hospitalizations were to children aged 0-9 years.
- From 2011-2015, there were less than 5 fall-related deaths of children aged 0-19. (Oklahoma State Department of Health—Injury Prevention)

Safety Tips:

- A child with a disability needs more attention and supervision to avoid falls.
- Playground equipment should be in good repair and age appropriate.
- Never let your children ride a bicycle without a helmet.
- Keep windows locked when closed.
- Teach children to hold onto handrails to avoid falling down the stairs.
- Young children are curious and like to climb. They should be supervised at all times and kept off high surfaces.

Fall Prevention — Pre-K

Safety Bullets

- Never climb on furniture, as it may fall on you—ouch!
- Stairs are not a safe place to play. Keep all toys off the stairs.
- Windows are not toys. DO NOT climb around or through windows. Leave the windows to the adults.
- Please, do not run around swimming pools or in the halls of your school. These floors can be slippery and cause injuries.
- Are your shoes tied? Untied shoes can cause a lot of falls and injuries.

Activity: Discussion on Fall Prevention:

Lesson:

Ask students and brainstorm together ways that somebody can fall.

Ideas:

Tying shoes

Make sure cords from blinds are tucked away or up against a wall.

No climbing on furniture

No jumping on beds

No running, while looking back. Keep looking forward.

Pick up toys from floors and stairs.

No jumping or running on stairs.

Videos:

Tie your shoe—[SingHeySongs](#)

Sesame Street- [Tying your Shoelace](#)



Lesson Title: Keep It Balanced

Safety Topic: Fall Prevention

Grade Level: K-2nd Grades

Objective: Students will understand basic concepts of fall prevention and participate in balance activities.

Oklahoma Health Education Standard(s):

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Equipment:

- Exercise Balls (multiple; see activity)
- Poly-Spots (multiple; see activity)
- Hula-Hoops (multiple; see activity)
- Low Beams (Optional; 2+)
- Tumbling Mats (Optional; 2+)

Quick Facts:

- Always use playground equipment correctly and with adult supervision.
- Wear appropriate protective gear when participating in sport activities.
- Only small children are allowed to sit in shopping carts and should be tightly buckled.
- If you or someone falls and is severely injured (i.e. hits head, severe pain, unable to move a body part) call 911 and tell an adult.
- Walk slowly up and down stairs. Do not skip steps. Do not play on stairs. Use handrails to stay balanced.

Activity: Balance Stations

Set up stations around the gym that require students to practice balancing skills. Examples may include:

1. **Tightrope Walking:** Using the lines on the gym floor as a tightrope, students will balance using their whole body just like tightrope walkers in the circus. Students must keep their eyes up and arms out. They must walk slowly and focus on walking heel-to-toe. Students may walk on all of the lines on the court, and may not step off until it is time to change stations. If two students going opposite directions meet, they must figure out how to continue without stepping off of the line.
2. **Exercise Balls:** Students will sit and lay on exercise balls to focus on balancing and improve core strength.
3. **Obstacle Course:** Lay poly-spots and hula hoops on the floor in close enough proximity so that students may step and/or hop from one to the next. Explain the difference between jumping (using two feet) and hopping (using one foot.) Students must move from spot to spot and avoid touching and/or falling into the lava (the floor.)
4. **Low Beams:** If equipment is available, students will practice balancing on low beams using the same technique as tight rope walking (eyes up, arms out, slow, heel to toe.) This may also be done on playground boundaries and other low but raised surfaces. Lay soft tumbling mats down if possible.

Lesson Title: Freeze Falling

Safety Topic: Fall Prevention

Grade Level: 3rd- 6th Grades

Objective: Students will understand basic concepts of fall prevention and their relation to personal health.

Oklahoma Health Education Standard(s):

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Equipment:

- Scooters (1 per student)
- 1 pool noodle cut in half (2 pieces total)

Quick Facts:

- Always use playground equipment correctly and with adult supervision.
- Wear appropriate protective gear when participating in sport activities.
- Only small children are allowed to sit in shopping carts and should be tightly buckled.
- If you or someone falls and is severely injured (i.e. hits head, severe pain, unable to move a body part) call 911 and tell an adult.
- Walk slowly up and down stairs. Do not skip steps. Do not play on stairs. Use handrails to stay balanced.

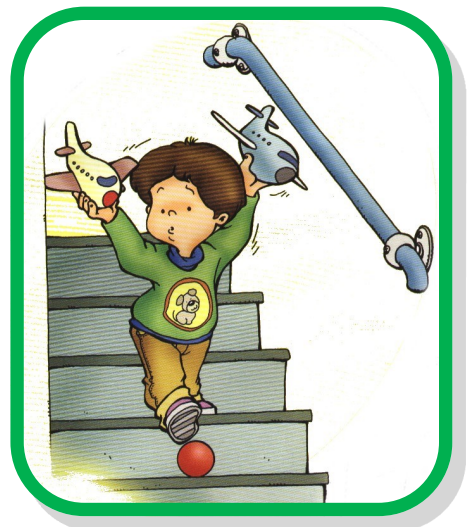
Activity: Scooter Tag

Select two students to be taggers. The taggers, each on a scooter with a noodle in hand, will begin the activity in the center of the gym, while the remaining students spread out across the baseline, each on a scooter. On the teacher's command, the students will try to make it to the other side of the gym without becoming a frozen tagger. Students become frozen taggers if they get tagged with a noodle, or fall off of their scooters. Frozen taggers remain where they were tagged or fell off for the remainder of the activity, and may gently tag other students with their hands or feet. The only taggers that may move are the original two who started with a noodle. Taggers may NOT tag students on the head or in the face. The game continues until all of the students become taggers.



Caídas mismo nivel:

Se entiende por caída del mismo nivel todas aquellas que son en un lugar de paso, en una superficie de trabajo y las caídas sobre o contra objetos.



Friendly Review Questions:

1. Falls are the leading cause of non-fatal injuries for all children between the ages of ____ and ____.
(0 and 19)
2. Is a window a toy? **(No, you should never play with a window, as you may fall out)**
3. Before playing outside, what should you do with your shoes? **(Tie them)**
4. Why should you not leave toys on the stairs? **(Toys on stairs cause many people to trip and fall, which causes injuries)**
5. Is it okay to play inside a grocery cart? **(No, children should not play in the carts. Only young children, properly seated and belted in are allowed to be in a cart. Children in grocery carts should never be left unattended)**
6. When in the school halls or around a swimming pool, should you walk or run? **(Always walk. School floors and wet areas around pools can be slippery)**



Podemos evitarlas utilizando **pasamanos** en las escaleras, **protecciones en las ventanas**, **NO** colocar **macetas** cerca de balcones o escaleras, **No trepar en muebles**, asegurarse de que la **ropa de los niños** **No sea demasiado larga** y que los zapatos no les quedan muy grandes o estén mal amarradas las agujetas.



Helpful Resources

Fall Prevention

Safe Kids Worldwide: <https://www.safekids.org/fall-prevention>

Centers for Disease Control and Prevention: <https://www.cdc.gov/safechild/falls/>

Mayo Clinic: <http://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/child-safety/art-20046124>

Kids Health: <http://kidshealth.org/en/parents/safety-falls.html>

