

# Top causes of injuries from falls

Falls are the leading cause of injury related hospital visits in children

## 0-4 years



Furniture



Playground equipment



Stairs

## 5-9 years



Playground equipment



Slips, trips and stumbles



Skates, skateboards and scooters

## 10-14 years



Skates, skateboards and scooters



Slips, trips and stumbles



Playground equipment

### To help prevent falls:

- Change the environment, where possible, to limit reach and access
- Reduce potential fall heights to less than 1.5m
- Move sharp and hard objects out of fall impact spaces
- Check play areas and make sure surfaces are soft
- ALWAYS supervise your child



For more information visit the  
[Kids Health Promotion website](#)



The Sydney  
children's  
Hospitals Network