

Care Team Support

Your Care Team will:

- Provide orientation to the room, ward, and hospital.
- Provide instructions for call bell use.
- Provide direction on how to adjust bed to lowest optimal height, use brakes, and raise and lower crib / bed rails.
- Ensure the call bell, personal items, and walking aids are within reach.
- Provide hourly checks, at a minimum, to ensure all needs are met.
- Address any environmental hazards to ensure a safe environment.
- Assess your child's risk of falling.
- Provide information about falls, risk factors, and fall-related injuries.
- Work with you and your child to develop a plan to prevent falls and fall-related injuries.
- Make referrals to other health care professionals to help your child move safely and improve their health.
- Assist your child with walking as needed.
- Assist in getting all necessary and appropriate equipment.

Please let your care team know if you have any questions.



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The falling star icon identifies that a patient is at high risk of falling.



If your child is at high risk of falling, do not let them walk on their own. Notify the care team if you or your child are in need of assistance.



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We all have a role in preventing falls and fall-related injuries.

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



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Healthy People, Healthy Saskatchewan

Fall Prevention Pediatrics



Image courtesy of SHA Communications



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Area: Provincial
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What is a Fall?

The Saskatchewan Health Authority defines a fall as any unintentional change in position where the person ends up on the floor, ground, or other lower level, with or without an injury. This includes falls that occur while being assisted by others.

What is a Near Fall?

A near fall is a sudden loss of balance that does not result in a fall. This includes a person who slips, stumbles, or trips but is able to regain control prior to falling.

Why Should I be Concerned About Falls?

Falls are the number one cause of injuries, emergency department visits, hospitalizations, and disabilities in Canada.

Falling is a normal part of development as children walk, climb, run, jump, play and explore their environment. However, some falls can cause serious injuries and sometimes death.

More than half of pediatric falls in hospital occur when a parent or caregiver is present.

Common Risk Factors

- History of falling
- Acute illness
- Chronic illness
- Mental or physical disabilities
- Change in mental status or brain function, such as confusion, decreased alertness, dizziness, problems with thinking, impulsive behavior, etc.
- Medication side effects
- Multiple medications
- Recent anesthesia or sedation
- Poor nutrition
- Poor hydration
- Weakness and/or poor balance
- Difficulty walking because of pain, stiff joints, tight muscles, etc.
- Unsafe use of walking aids such as crutches, walkers, or wheelchairs
- Medical devices and equipment that interfere with movement such as tubing or cords
- Not using brakes on cribs, beds, or bassinets
- Crib or bed rails left down
- Falling asleep while holding a child
- Infants and toddlers who are climbing and learning to walk.
- Unfamiliar surroundings
- Change in routine
- Anxiety from being in a hospital
- Unclipped car seats, strollers, or high chairs

Caregiver Support

- Inform the care team of:
 - Any falls,
 - Any history of falling,
 - Any weakness or dizziness,
 - Any environmental hazards, i.e.: spills on the floor, poor lighting.
- Pay special attention to your child when they are recovering from a procedure or anesthetic.
- Assist your child with walking, transferring and repositioning.
- Ensure your child is wearing well fitting clothing and non-skid footwear or socks while walking.
- Keep pathways clear of any clutter.
- Ensure your child is secured when in wheelchair, stroller, or high chair.
- Use brakes on all equipment.
- Limit the time your child is unattended.
- Do not allow your child to stand or climb on furniture.
- Ensure your child is safe in bed:
 - Use a crib if under 3 years,
 - Raise and lock the bed or crib rails completely even while you are sitting at the bedside,
 - Maintain physical contact with child when cot sides are down, when bathing, or weighing, etc.,
 - Make sure bed is in lowest optimal position.