

After a Fall, Seek Medical Attention if...

- Behavior changes such as agitation, confusion, or restlessness
- Seizure or convulsion
- Loss of consciousness
- Worsening headache
- Cannot recognize people or places
- Difficulty walking, talking, or seeing
- One pupil that is larger than the other
- Slurred speech
- Drowsy or unable to be woken up from sleep
- Vomiting
- Will not stop crying
- Will not eat
- Any behaviors that worry you

If you have any other concerns, please talk to your health care provider.

We all have a role to play to prevent falls and fall-related injuries.



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.



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



saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

Preventing Falls At Home Pediatrics



Image courtesy of SHA Communications



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Protect Your Child From Falls and Fall Related Injuries at Home

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. Follow these tips to help keep your child safe and free from injuries.

- Stay within arms reach of a child of your child in high places, such as a change table, crib with sides down, beds, sofas.
- Supervise your child closely and use safety straps when they are in equipment like a high chair, swing, bouncer, or jumper.
- Place car seats and/or sit and play toys on the floor to prevent them from tipping over on a high surface.
- Do NOT use a baby walker—it can cause serious injury and are illegal in Canada. Choose a stationary activity center instead.
- Remove fall hazards from your home that such as throw rugs, extension cords, and clutter.

- Install baby gates at the top and bottom of stairways. Avoid accordion-style gates because a child's head could get caught in them.
- Keep stairwells clean and well lit. Teach your child to hold onto the handrail and walk down one step at a time.
- Place a non-slip mat in the bathtub and wipe up spills around the tub. Never leave your child alone in or near the bathtub.
- Make sure your child sits while eating or drinking. Falling with food or utensils in their mouth can cause mouth or facial injuries and may lead to choking.
- Do not allow your child to stand or climb on furniture.
- Install window guards. Keep furniture away from windows, such as change tables, chairs, or couches.
- Ensure your child is safe in their crib or bed.
- Watch for tripping hazards when your child uses feeding poles, extension tubing, braces, walkers, wheelchairs.
- Supervise your child on elevated surfaces such as porches, decks, and landings, especially if there are no railings.

- Watch your children while they playing outside and remove obstacles that could cause them to trip or fall.
- Stay within arms reach of your younger children when they climb or play on playground equipment.
- Use a safety net and supervise children while they are playing on trampolines.
- Have your child wear a helmet while using bicycles, skates, skis, skateboards.



Image courtesy of SHA Communications

More than half of pediatric fall incidents occur when a parent or caregiver is present.