### Good practice for fall prevention in children

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| Window safety mechanisms to prevent children from opening windows, such as bars and position locking devices, are an effective strategy to prevent falls.  
[14, 54] | - Window bars have been show to reduce deaths from window falls by 35%.  
[14] - Regulations requiring window safety mechanisms on rental housing appears to be most effective approach when working in areas of social deprivation.  
[14] - Parental knowledge and availability, accessibility, cost and ease of use of window safety mechanisms will impact their uptake.  
[55, 56] |
| Stair gates have shown to assist in the reduction of falls down stairs to young children when used at the top of stairs in households.  
[27] | - Parental knowledge and stair gate availability, accessibility, cost and ease of use will impact their uptake.  
[27, 55, 56] - Pressure gates should not be used at the top of stairs.  
[57] |
| Surfacing materials such as sand or wood chips to a depth of 23-31 cm (9-12 inches) can be recommended as effective injury prevention strategies in preventing playground equipment related injuries. Optimal equipment height to reduce risk of head injury is 1.5 m (5 feet).  
[14] | - Level of enforcement will impact effectiveness.  
[28] - Regular maintenance of surfacing materials is necessary to retain protective effect.  
[14, 58] - Standards are most effective when supported by educational activities.  
[29] |
| **Enforcement** | |
| Legislation banning baby walkers OR requiring product modification to remove the mobility issue permanently removes a larger portion of existing risk than parental supervision.  
[14, 59] | - Level of enforcement will impact effectiveness.  
[28] - Legislation is most effective when supported by educational activities.  
[29] |
| Enforcement of standards requiring safe depth of specified types of surfacing materials and regular maintenance of those materials is more effective than standards alone in reducing playground equipment related injuries.  
[28] - Standards are most effective when supported by educational activities.  
[29] - Surfacing standards address risk of head injury, not injuries to arms and legs.  
[14] |
| **Education** | |
| Educational programmes encouraging use of fall prevention safety devices such as window safety mechanisms to prevent children from opening windows and down stairs increase use of equipment.  
[14, 54, 56] | - Parental knowledge and availability, accessibility, cost and ease of use of safety measures will impact their uptake.  
[55, 56] - Provision and instalment of free equipment is more likely to increase use, particularly in lower income settings.  
[55, 56] |

**Case Example:** Child Safety Box, Austria, Page 66