



## Trips, Slips and Falls

### Trips

It's so easy to trip over something left on the floor because you're not looking where you're going. A trip can make you tumble over and hurt ankles, feet, arms and head. Make sure you put things away tidily so you don't trip.

Possible danger	How to prevent it
<b>Things left on the floor</b>	Make sure toys, books, bags, clothes, etc are not left on the floor but are put away.
<b>Uneven rugs and carpets</b>	Check that rugs and carpets stay smoothed out. Be careful with worn patches, as they can be slippery.
<b>Cables</b>	Make sure these are stored neatly or taped up, and things like hoovers are put away after use.

### Slips

All types of slips can be nasty but near water (e.g. a bath, shower or garden pond) can be very dangerous as you could fall into the water. You can become unconscious and drown - even if the water is shallow.

Possible danger	How to prevent it
<b>Bathrooms</b>	Use a non-slip bath mat in the bath or shower.
<b>Spilt liquids or mess on the kitchen floor</b>	Make sure any food that drops onto the floor or spilt liquids are mopped up straight away and warn others if the floor's wet.
<b>Pools and ponds</b>	Walk carefully when you're near pools and ponds.

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## Trips, Slips and Falls (Continued)

### Falls

Falls are the most common type of accident children have at home. Have you ever fallen over and been hurt? Perhaps you fell from a height, tripped over something or slipped on a wet surface. Some falls are very dangerous - remember that your body can be easily damaged.

Possible danger	How to prevent it
<b>High places</b> (e.g. open windows, balconies)	Be careful and don't play near these.
<b>Cycling and skating</b>	Wear the correct safety equipment (e.g. helmets, knee pads, elbow pads) to help protect you if you fall.
<b>Stairs</b>	Keep stairways clear. Use stairs carefully and always hold on to the banister.
<b>Things falling on you</b>	Don't store heavy things in high places. Keep them away from the edges of tables and cupboards.
<b>Climbing</b>	Stepladders and stools can topple over. Make sure they are sturdy and someone is holding the bottom.

Remember to find safe and sensible places to play. Avoid running indoors, shoving, pushing and pulling. Never run while you're eating anything (in case you fall and choke) or when carrying anything sharp, pointed or made of glass.