



# HOME FALL PROOF CHECKLIST

Did you know? Most fall-related injuries to children under 5 happen in the home!

Follow this checklist and keep kids safe from harmful falls in the home as they develop, learn, and explore.

- Get on your child's level!** See the world through your child's eyes to identify hazards around your home.
- Install stair gates** at the top and bottom of stairs. Never use pressure mount gates at the top of stairs.
- Install windows stops** or window guards.
- Lock balcony doors.**
- Place furniture away from windows and balcony door handles.**
- Place car seats and other carriers on the floor, never on top of furniture.**
- Clear clutter from stairs** to prevent tripping hazards.
- Always buckle your child in their high chair** every time they sit in it.

## Bonus safety tips!

Install child-safety electrical plugs or covers or have child-safety electrical outlets installed. They help prevent little fingers or objects from going into the outlet.

Secure heavy furniture such as dressers and shelves to the wall to prevent toppling if children climb on them.

Share this with your neighbours to complete!

[parachute.ca](http://parachute.ca)

Parachute  hydro  one