

# Protect your child.

## Falls from heights can be prevented.

Approximately 50 children a year fall from a window or balcony. Tragically a small number die from a fall. There are steps you can take to prevent children from falling from windows and balconies.

### Prevent falls from windows.

- ✓ Ensure windows cannot be opened more than 10cm except by an adult.
- ✓ Securely fix window guards that have a set of bars each spaced less than 10cm apart over the window opening.
- ✓ Make sure that devices can be removed by an adult to allow escape in an emergency.
- ✓ Children can be badly cut by running into glass in low windows – low windows should have safety glass installed or be covered with a shatter resistant film.
- ✓ Keep objects that a child can climb or stand on away from windows, such as furniture and boxes.
- ✓ Be aware of hazardous windows when visiting other homes. Closely supervise your child.

**Remember that fly screens give no protection. They are only designed to keep insects out and are never strong enough to hold a child in.**

### Prevent falls from balconies.

- ✓ Keep objects that a child can climb or stand on, such as furniture and pot plants, away from the balcony edge.
- ✓ Don't leave light weight furniture anywhere on the balcony – children can drag it to the edge.
- ✓ Use non-slip surfaces on the balcony.
- ✓ Ensure balcony balustrades (railings) meet current safety standards;
  - Be at least 1 metre high and preferably more than 1.3 metres high
  - Have no gaps wider than 10cm-12.5cm
  - Have no parts that a child can use as a foothold to climb onto or over the balustrade.
- ✓ Lock doors and windows that open onto the balcony when the balcony is not in use.
- ✓ Don't use balconies as play areas.
- ✓ Be aware of hazardous balconies when visiting other homes, and never let a child onto a balcony without an adult with them.

For more information, advice and translations go to  
**[www.health.nsw.gov.au/childsafety](http://www.health.nsw.gov.au/childsafety)**