

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