

# Fall Prevention for Kids

## The 4 S

### 1. Safe Play

Ensure that the play area environment is properly designed and maintained.



### 2. Safe Home

Ensure home safety by installing guard rails, window guards and stair gates.

### 3. Safe Sport

Wear protective gears such as wrist guards, knee and elbow pads, helmet (as appropriate) when engaging in active sports.



### 4. Supervision

Supervise young children at all times, especially when around fall hazards such as stairs, playground equipment etc.