

# Kids Can't Fly!

## Window Safety and Prevention Tips for Families with Young Children

**F**alls are the leading cause of injury to children, and falls from windows involving young children are especially serious. Window falls are preventable. **To prevent window falls, parents and caregivers should:**

- **Install approved window guards.** Massachusetts building codes require that a window guard must have a quick-release that can be operated by an adult or older child in an emergency. Be sure the window guards you purchase include this feature. *Window stops and window guards can be purchased at local hardware stores and chain department stores. Window stops range in cost from \$5-10 each. Child safety window guards cost about \$40, depending upon the style/brand/window size. It is important to remember that these need to be installed correctly in order to work.*
- **Keep all furniture, especially beds, sofas and dressers, or anything else children can climb, away from windows.**
- **Lock all unopened doors and windows.**
- **Open windows from the top down**, especially when there are children in the home.
- If you must open windows from the bottom, **buy window-stops** at your local hardware store that will limit the opening to less than 4 inches. Window-stops can be disabled by an adult or older child in an emergency.

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### Other Safety Tips for the Home:

- Encourage children to play in the center of a room. **Don't store toys next to windows.**
- **Establish home fire escape routes** and schedule regular family practice drills. Be sure all adults and older children practice so they can disable window-stops and remove window guards in an emergency.
- **Regularly check for and fix loose railings or boards** on upper story balconies.
- **Make sure porch and balcony railings are spaced 4" apart or less** to prevent children from slipping through or trapping body parts; railings on older buildings can be up to 7" apart and may need to be replaced to protect children.
- Remember, no tool or equipment is 100% foolproof. **Young children require constant supervision** to keep them safe.
- **Window screens will not prevent a child from falling out of a window!** *Remember: Screens are designed to keep bugs outside, NOT to keep children inside!*

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### To Learn More:

[http://www.nsc.org/get\\_involved/divisions/Pages/WindowSafetyObservancesPdfs.aspx](http://www.nsc.org/get_involved/divisions/Pages/WindowSafetyObservancesPdfs.aspx)

<http://www.netwellness.org/healthtopics/ch/falls.cfm>

<http://www.bphc.org/programs/cib/healthyhomescommunitysupports/injuryprevention/kidscantfly/Pages/Home.aspx>