

Mayo Clinic Minute: Preventing pediatric falls

Video	Audio
	Each year, more than 2 million children are seen in the emergency department in the U.S. because of fall-related injuries.
Tom Halada Pediatric Trauma Coordinator Mayo Clinic	"The injuries can vary widely, and it's somewhat dependent on the age range for the patient."
	Infants and toddlers often get hurt tumbling off beds and changing tables. Windows and stairs can also lead to unintentional bumps and bruises.
	"One way to prevent falls around the home would be to make sure that you have properly installed safety gates for your stairs and guards for the window."
	Bigger kids sometimes end up at the hospital because of injuries related to biking, roller-skating and other recreational activities.
	"Participation in any activity, you would want to make sure that the child is wearing correct and properly sized protective equipment, such as helmet, knee pads, elbow guards, wrist guards."
	Many of these falls and accidents can be prevented.
	"Attentive supervision by an adult is really key to preventing injury in children."
	For the Mayo Clinic News Network, I'm Sonya Goins.