

Preventing falls

FALLING is a **NORMAL** part of learning to walk, run and jump. But sometimes falls can cause **SERIOUS** injuries.

Most of the time, falling doesn't even hurt, or just gives you a small cut or bruise. But falls can be more dangerous. Every year at least 47,000 children and teenagers around the world die because of a fall. Many more break a bone or hurt their head. In some countries half of the injuries to children taken to emergency clinics are from falling.

Do you think the following sentences about falls are true or false?

Circle true or false.

The answers are at the bottom of the page.

1. A fall is when you suddenly drop to the ground or floor.

True

False

2. The farther you fall, the smaller the injury.

True

False

3. Around the world five children or teenagers die from a fall every hour.

True

False

Falls can happen anywhere. Take a look at the picture below. **See if you can circle situations that might lead to a fall if you were playing there.**

Babies and small children can be hurt falling even short distances – from a chair, bed or changing table, for example. Take another look at the picture below. **Circle any extra places that might be dangerous for a baby left on his or her own.**



Peer Pressure!

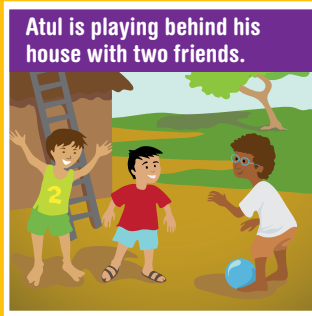
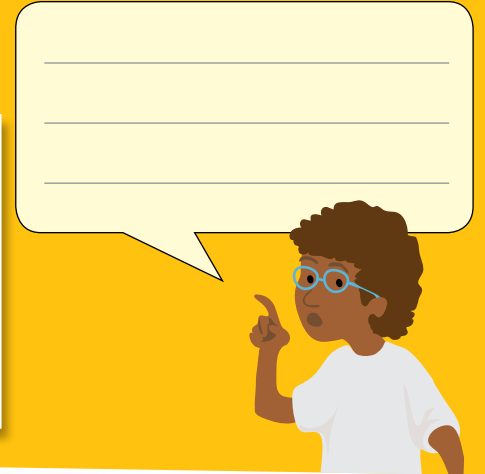
Atul's two friends are trying to get him to climb onto the roof with them. Another word for friends or classmates is 'peers', so what they're doing is sometimes called 'peer pressure'.

We have all gone along at times with what our friends were doing – because

we wanted to be liked, to fit in, or because we worried we'd be made fun of otherwise. That's OK some of the time. But we have to watch out if our peers try to talk us into doing something that is not safe or that goes against what we feel inside is the right thing to do.

Hanging out with friends we feel safe with is a good start. But Atul felt comfortable with his friends and in his

back garden – and he still found himself in a difficult situation. In the last picture in the cartoon he is thinking for himself about the possible dangers of climbing onto the roof. He doesn't want to risk injury just to fit in, so he's got to find a way to say no. **What would you say?**



Real Life Stories

Niam, at 7 years old, Bangladesh

Niam was playing with two friends. One of them persuaded Niam to climb up a plum tree. After he picked some plums, Niam tried to come down. His friends placed a small table under the tree so he could jump on it. But when he stepped on the table, it turned over and he fell on the steel! His right leg was seriously broken, and now Niam is getting medical treatment to repair the injury.



Can you think of a time when you had a bad fall? What happened?

What can You do?

ALWAYS:

- ▶ Play safely – pushing and shoving can cause a fall.
- ▶ Take turns on playground equipment.
- ▶ Keep stairs and floors clear of toys and anything else that you could trip over.
- ▶ Hold on to the handrail when going up or down stairs.
- ▶ Tie your shoelaces so that you don't trip over them.

NEVER:

- ▶ Never play with windows or hang over balconies, fire escapes or roof edges.
- ▶ Never play in dangerous places like building sites or abandoned houses.

