

# Prevent your baby having falls

You may be surprised how fast babies can move, wriggle and roll over. Once they learn to crawl, this puts them at risk of falling. Here's what you can do to keep them safe.

## For all babies



Don't leave your baby unattended on a bed, sofa or changing table.



Don't put your baby in a bouncing cradle or baby car seat on a table or kitchen worktop as their wriggling could tip it over the edge.



Sit on the floor to change nappies.



Hold on to the handrail when carrying your baby to prevent tripping.



Watch where you're walking when carrying your baby. It's easy to trip over something like a toy.



Use a 5-point harness to secure your baby in a highchair.

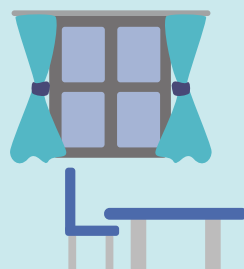
## Babies that can crawl



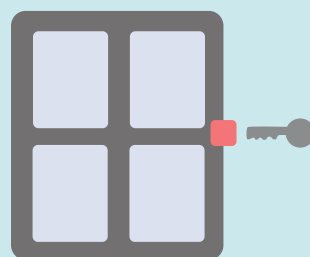
Baby walkers are dangerous and can cause serious accidents.



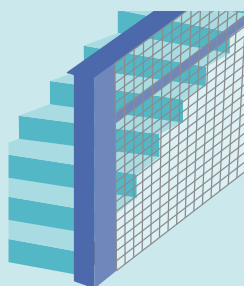
Remove cot toys and cot bumpers as a baby can climb on them and may fall out of the cot.



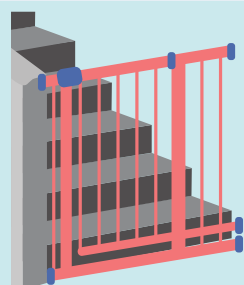
Keep low furniture away from windows.



Fit windows with safety locks to stop babies climbing out. Know where the keys are kept in case of a fire.



Cover gaps between banisters or balcony railings wider than 12.5cm wide.



Fit safety gates at the top and bottom of the stairs. Ensure they close securely.

