

Falls

Summary

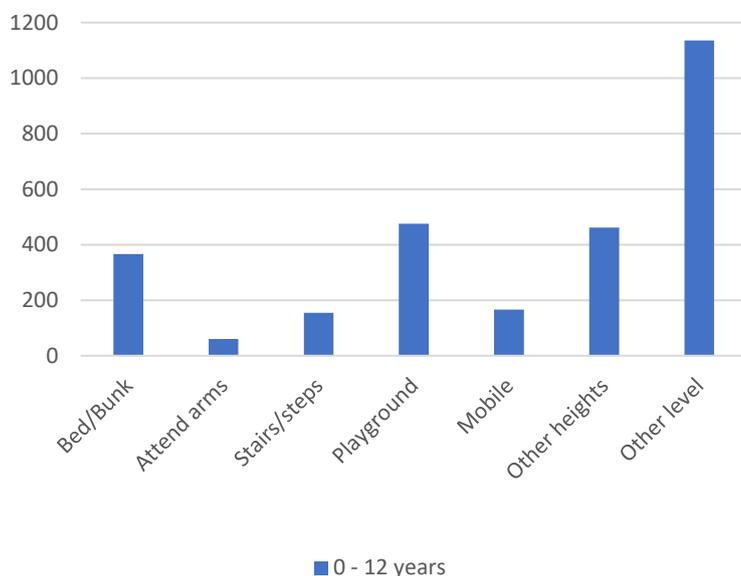
- Falls are by far the leading cause of child injury at the Red Cross Hospital.
- In 2019, 2 819 children were treated for falls, a 5% increase on 2018.
- Falls account for 47% of all injuries for this period, with approximately 8 children treated per day.
- Children aged 0 to 5 years were at greater risk of fall-related injuries.
- 64% of falls took place at home, 17% at playgrounds and 16% at schools. Children 0 to 4 were at greater risk of falls at home and age group 5 to 12 years was at greater risk of falling at school and on playgrounds.
- In both age groups the home rated the highest for place where fall injuries occurred. School and playgrounds showed the highest injury rates in the 5 to 12 age group.
- Injuries from tripping, slipping or stumbling on the same level accounted for 40% of fall injuries and occurred equally across age groups.
- Fall injuries due to playground equipment accounted for 17% of injuries, mainly in age group 5 to 9 years.
- More boys than girls were treated for fall related injuries.
- Falls accounted for 60% of head injuries.



We could reduce the burden of fall injuries through:

- Playground equipment height and surface standards and compliance – good evidence exists.
- Reducing exposure to falls from and within homes and buildings, e.g. through stair guards and window latches.
- Encouraging use of protective equipment such as helmets when using skateboards and scooters for example.
- Reducing the use of baby walkers.
- Reducing opportunities to fall from cots, beds and bunks

Leading cause of injury



Tripping and falling accounts for 40% of all fall injuries,

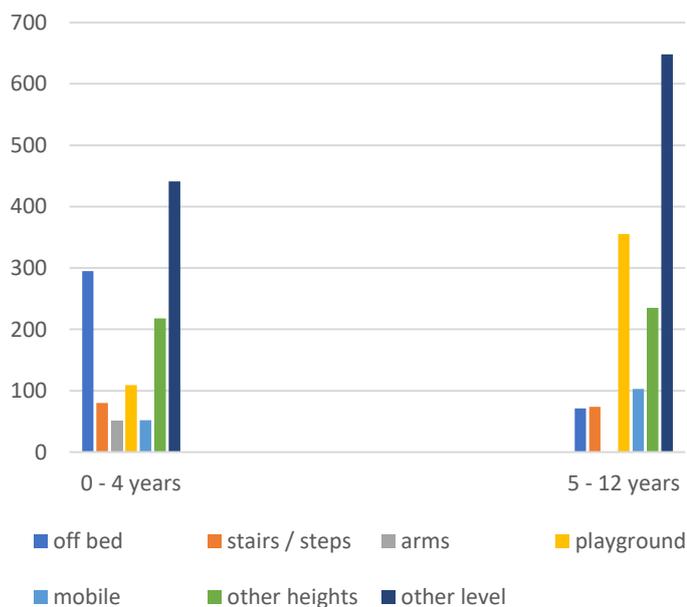
Playground equipment is second leading cause at 17% of injuries

Falling off heights accounted for 17% of fall injuries

Mobiles (walking rings) being used by young children under 2 years account for 6%

While falling down stairs for 5% and falling out of attendants arms account for 3%.

Leading cause of fall injury by age



Children aged 0 to 5 years were at greater risk of fall related injuries in the home; falling off beds and mobile was the highest amongst this age group.

Children between 5 and 12 years had the highest rates of playground injuries.

Across both age groups tripping and falling, and falling from heights, occurred with the same frequency.