

WINDOW SAFETY

6 Tips for Preventing Falls (Plus 4 bonus safety tips)

Falls from windows are more common than you might think, and preschoolers are at the highest risk. Use these tips to help keep your youngest residents safe.

Did you know that each year in the U.S., more than 5,000 children fall out of a window and end up in the emergency room as a result? Even more tragically, about eight children under the age of five die each year after falling out of a window. That's according to the Consumer Product Safety Commission, which ranks windows as one of the top five hidden hazards in a home. The good news? It doesn't take much to prevent falls from happening.

Use these six tips to promote window safety and prevent fall-related injuries in your housing organization.

1. **Prioritize work orders to address fall hazards**, such as missing or unsecured railings or window guards, that you or your staff noted during routine inspections or while completing other jobs.
2. **Install window stops or guards** that meet [ASTM standards](#) on all windows that are six feet from the ground or higher.
3. **Periodically inspect window stops and guards** to make sure they're secured and in good working order.
4. **Regularly inspect windows** that have security bars, grills, or grates to make sure they're in good working order and have a functioning release mechanism. Alternatively, you can install a code-compliant device designed to limit how far a window will open.
5. **Make note of the position of furniture during routine inspections**. To prevent children from climbing on furniture to reach a window, make sure furniture, including beds, are positioned away from windows.
6. **Use wood chips, grass, or shrubs** below windows to lessen the impact of any fall-related injuries.



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WINDOW FALL STATISTICS

Falls kill about
100 CHILDREN
ages 14 and under every year

MORE THAN HALF
of fall-related injuries are suffered
by children ages 4 and under

25%
of window fall-related injuries
require hospitalization

CHILDREN UNDER 5
are more likely to suffer serious
injuries in a fall and are three times
more likely to suffer a head injury.

PRESCHOOLERS
have the highest risk of falling
from windows

BOYS
fall more frequently than girls

Falls are more common during the
WARMER MONTHS

—AMERICAN ACADEMY OF PEDIATRICS

Beyond Falls: Other Window Safety Tips

Besides adding character to a building and letting in natural light, windows can serve as an alternate escape route if doors are blocked. For that reason, it's a good idea to:

- **Teach children how to safely use a window in the event of a fire**—it's just as important as preventing them from falling out of a window. Contact your local authority having jurisdiction if you need guidance. (While we're talking fires, be sure to also regularly inspect smoke alarms and maintain a schedule for battery operated smoke detectors. Be extra diligent in replacing the batteries for models that are not hardwired into your system.)
- **Make sure windows are not painted or nailed shut.** Your residents need to be able to open them in the event of a fire.
- **Use only cordless window coverings** or those that have inaccessible cords in homes with young children to prevent strangulation.
- **Do not install window air conditioning units in windows that may be used for an escape.**

Want more like this? Grab our downloadable infographic on window safety tips for [your residents here.](#)



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