

# Lake Stevens JOURNAL

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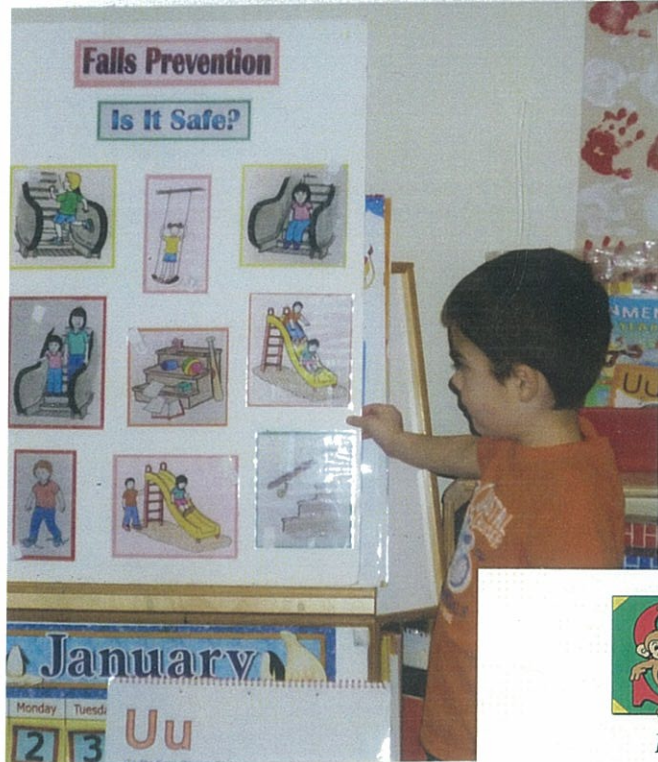
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Lake Stevens Fire Public Educator Alison Caton teaches at Sunnyside Preschool.

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## LS Fire teaches kids about preventing falls

JOURNAL STAFF

their families. It is great to see them retain the knowledge."

What do playgrounds, furniture and unsecure windows all have in common? They're all potential surfaces from which a child can fall resulting in minor to major injury. Falls are the number one cause of unintentional injury to children under age 14.

In January, Lake Stevens Fire taught falls prevention to elementary kids in all Lake Stevens elementary schools, Machias Elementary School and at Sunnyside Preschool.

"Children are like little sponges and it's my hope that when I teach them about various safety topics that they will not only act on some of the things they have learned, but also share the information with their parents," stated Public Educator Alison Caton. "My favorite thing is to see kids sharing this safety information with

Falls can happen to anyone at any time and in any place. Here are a few tips from Safe Kids Worldwide and Lake Stevens Fire to help keep your family safe from falls:

- Children should always wear activity-specific, properly fitting safety gear when participating in recreational activities.
- Never leave young children unattended on changing tables, beds, couches or other furniture.
- Use non-slip rugs on the floor and mats or decals in the bathtub or shower.
- Keep hallways and stairs well-lit and clear of clutter.
- Be aware of your environment (slippery or icy surfaces).
- Keep furniture away from windows so kids cannot climb to the ledge.

Lake Stevens Fire wishes you a safe winter, free of falls.



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