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## Spring-cleaning checklist for a home free of falls

Did you know that falls are the second-leading type of unintentional injury in the home? In 2010, falls resulted in nearly 3 million injuries requiring treatment in an emergency room. It sounds simple, but if you are a parent, you know that keeping things clean at home can feel next to impossible. Clutter and mess can build up and lead to serious injury should a child trip and fall. As we head into spring, the Kohl's Cares Grow Safe & Healthy Program has created a checklist to help make your home a safer place for the whole family.

**Messy bedrooms are often a battleground between parent and child. It's a cliché, but "everything has a place and everything in its place" is a great rule to live by when it comes to a clutter-free household.**

- Throw away toys that are broken and give away toys that get little use.
- With the help of your child, develop a system for storing clothing and toys that is easy for them to stick with.
- Basket and bin organizers are a simple way to keep belongings in order and off the floor. A clean floor significantly reduces the risk for trips and falls.

**Video games, televisions and computers are popular ways kids pass time when bad weather strikes, but cords and cables can be a major tripping hazard.**

- Secure wires and cords along the wall whenever possible.
- If, for whatever reason, a cord cannot be near a wall, secure it with a cable cover.
- Assign a place for kids to stash controllers and other accessories when game time is over.

**Common areas of the home tend to accumulate clutter quickly. Make an effort as a family to keep the clutter at bay by cleaning as you go and taking responsibility for your own mess.**

- Tidy living rooms, hallways and stairways daily to ensure they are free of potential tripping hazards.
- Create a designated area for shoes, coats and backpacks. Have children place their belongings in this space right when they walk through the door.
- Lead by example! Try not to leave laundry baskets at the bottom of the stairs or laptop cords stretched across the room. Your child is far more likely to listen when you tell them not to leave their belongings lying around if you keep your things neatly in place as well.

*Unintentional or accidental injury remains the leading cause of death in ages 18 and younger in the United States. Research shows that, through education and awareness, many of these injuries are preventable. The Kohl's Cares Grow Safe & Healthy Program, a partnership between Kohl's Cares and Children's Hospital of Wisconsin, provides valuable safety information for children, parents & caregivers.*



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