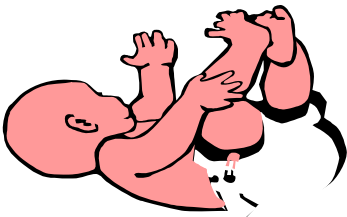


CHANGE TABLES

Falling is the cause of most injuries to children under 5 years of age (65%). A quarter of all injuries from nursery furniture, resulting in hospital admission, are to the head.

Babies are generally injured after rolling to the side and falling off.



Falls occur in children as young as three months, and can result in concussion or fractures.

Injuries often occur when a carer turns or moves away from the table to get something. Carers' often express surprise, e.g. "she has never rolled over before" or "he usually lies quietly".

'Real life' Case

Six-month-old on change table. Mother turned away to get clean nappy. Baby rolled off table, suffering concussion. "First time she rolled."

Child Safety Practices

- The child will require constant supervision.
- Ensure that the change table is positioned away from any hazard.
- Prepare for the child's change before proceeding.
- Keep everything you need to change baby close at hand.
- Maintain a routine of steps to familiarise the child with the changing procedure
- The proper use of a child restraint to secure the child, if available.
- Never leave a baby on the change table. If you need to turn away, keep one hand on baby.
- If you have to leave, take the child with you.
- Talk to the child as you do each step to maintain their attention.

**IF YOU USE A CHANGE TABLE,
BE AWARE THAT THE CHILD
WILL REQUIRE CONSTANT
SUPERVISION**

Safety Features for Change Tables



There is no Australian Standard for Change Tables, so look for the following features when purchasing:

- Some form of a roll off protection.
- Raised sides at 100mm (10cm) high.
- Concaved shape deep enough to stop the child rolling.
- Child restraint.
- Strong construction.
- Safe, accessible storage area for items.
- Mechanism to stop the product collapsing.
- Manufacturer's name and instructions.

**IT IS SAFER FOR
THE ADULT TO
GET DOWN LOW
THAN THE CHILD
TO BE UP HIGH
AT THE
ADULT'S HEIGHT**

Alternative Methods for Changing a Child

On a soft and dry surface on the ground or floor using:

- A towel
- A portable foam change mat
- A blanket
- A large bed

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child safety is no accident