

# Preventing Brain Injury Throughout the Life Span

## Prevention Strategies for Babies



Never leave your baby unattended in high places or sitting toys



Don't let babies walk with pacifiers or other objects in their mouths



Use sliding gates at both ends of stairways



Never leave babies alone in or around bath tubs



Always use a safety seat

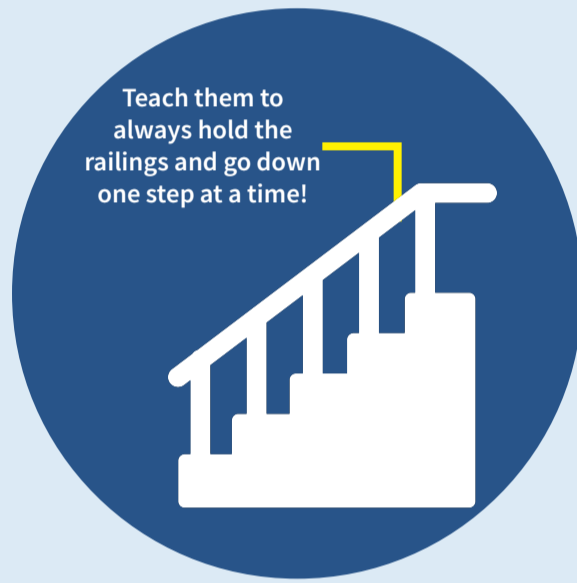


Avoid shaking your baby

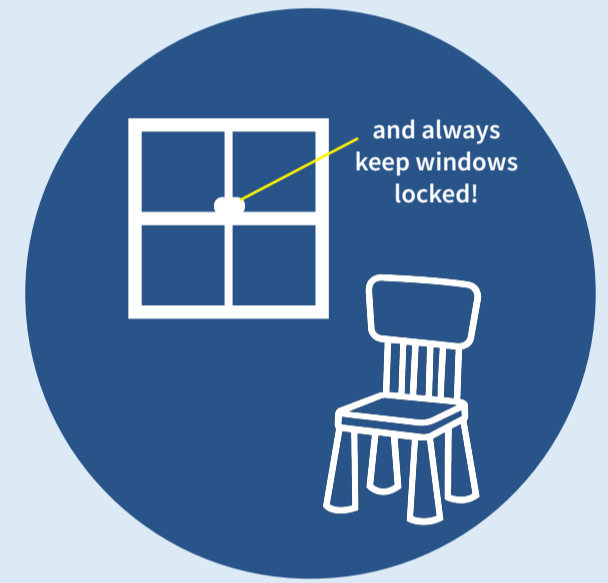
## Prevention Strategies for Toddlers and Children



Use safety straps on high chairs and changing tables



Keep stairways clear

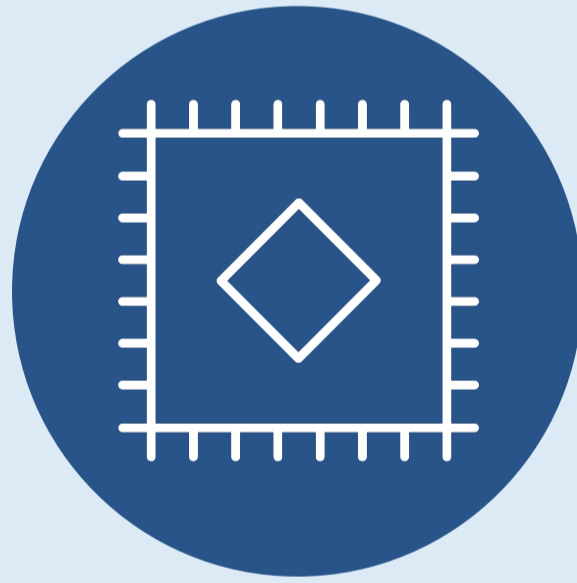


Keep furniture away from windows

## Once your child is able to walk...



Lock doors to dangerous areas



Secure rugs to floors



Always stay seated when eating or drinking

## Prevention Strategies for Adults



Always wear a seatbelt when you drive or ride in a car



Never drive under the influence of alcohol or drugs



Be careful when you are walking and texting, using headphones, etc.

## Prevention Strategies for Seniors



Remove clutter and other tripping hazards



Use non-slip grips in bathroom



Improve lighting