**N E W S R E L E A S E**

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**Safety Steps: When Carrying a Child Up or Down Stairs, the Child Should be Your Only Cargo**

(CITY, STATE) For decades, securing staircases has been an important part of getting a home ready for children. Most parents and caregivers are familiar with safety gates, which protect children by limiting their access to the stairs. But what parents might not realize is that there is more to stair safety than installing gates: children are at risk of serious injuries when their caregivers fall while carrying them up or down steps.

In busy households, parents often multitask, carrying multiple items up and down the stairs instead of making multiple trips. When one of those items is a child, however, that multitasking can put the child in danger. If a parent or caregiver is carrying a child as well as other items and loses their balance on the stairs, they do not have a free hand to grab the railing to prevent the fall. Many staircases also do not have a railing that the hand can completely go around—called a “power grip”—making it harder to catch yourself if you slip or trip.

In many cases, when children fall on the stairs by themselves, the injuries tend to be more minor, such as bumps and bruises. But when you add an adult into the equation, the force of the adult falling on a child can be strong enough to break bones and cause other major injuries. In fact, research shows that one in four stair-related injuries to infants (children who are not yet one year old) were caused by a fall while being carried, and some of the injuries were serious enough to require a hospital stay. To prevent these injuries, carry only the child when going up and down stairs.

“QUOTE,” said INSERT NAME, TITLE. “ADDITIONAL QUOTE.”

To keep children safer in the home, INSERT ORG is reminding parents and caregivers that the laundry, toys, groceries, and other items can wait until the next trip. When carrying a child up or down steps, protect your most important cargo by carrying the child only, leaving one hand free to hold on to the railing.

More prevention tips are available at [www.preventchildinjury.org](http://www.preventchildinjury.org)/stair-safety.

Prevent Child Injury is a national group of organizations and individuals, including researchers, health professionals, educators, and child advocates, working together to prevent injuries to children and adolescents in the U.S. Prevent Child Injury promotes coordinated communication to the public about prevention of child injury, which is the leading cause of death of our nation’s youth. To become a member of Prevent Child Injury or for more information and resources on this and other child injury topics, please visit [www.preventchildinjury.org](http://www.preventchildinjury.org).

[PARAGRAPH ABOUT YOUR ORGANIZATION HERE]

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Sample quotes:

In addition to carrying only the child up or down stairs, parents and caregivers should clear the stairs of clutter and install a sturdy handrail that the hand can completely go around.

To lower to risk of falling when carrying a child up the stairs, leave your child in safe place, like a crib, when you need to carry other items.

Safety depends on paying attention and doing things the right way. Two trips might be less convenient, but it’s much safer for both you and your child.