

Change Tables

It is amazing how much time you will spend standing at the change table. Selecting the correct change table for you and your baby is important – the right change table that is safe and comfortable for both of you can make all the difference.

Change table related injuries

Falling is the cause of most injuries to children under 5 years of age (65%). A quarter of childhood injuries in the home environment are as a result of a fall from nursery furniture. Babies are generally injured after rolling to the side and falling off the change table.



Falls occur in children as young as three months, and can result in concussion or fractures. Head injuries are the most common injury, with many children requiring hospital admission.

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".

Falls Prevention

Researchers estimate that 8 out of 10 injuries would be prevented by a correctly used restraint fitted to the change table. However, nothing is a substitute for constant adult supervision.

'Real life' Case

A six-month-old girl was placed on the change table. Her mother turned away to get clean nappy. The baby rolled off the table, suffering concussion as a result of landing on her head. The mother exclaimed "it was the first time she has rolled."



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

Visit the NSW Fair Trading website for latest recalls and information for change tables
fairtrading.nsw.gov.au

**IT IS FAR SAFER FOR THE ADULT TO GET DOWN TO THE CHILD'S LEVEL
THAN FOR THE CHILD TO BE UP HIGH AT THE ADULT'S HEIGHT.
If your back and knees allow, change baby on the floor or on low bench or
middle of bed.
DO NOT LEAVE CHILD UNATTENDED.**

Safety Features for Change Tables

When purchasing a change table:

- Choose a model that has some form of roll-off protection such as raised sides and ends at least 100 mm high.
- Include a concaved shape change mat that deep enough to stop the child rolling.
- Look for a model that is fitted with a child restraint.
- Select a sturdy change table.
- Check that storage areas located below the table provide easily accessible storage for items.
- Check that the manufacturer's name and instructions are included with the product.
- If purchasing a portable or folding change table ensure the model is fitted with a mechanism to stop the product collapsing.

Alternative Methods for Changing a Child

Consider changing your child at floor level using a towel or change mat placed in a clean, dry area. The middle of a double bed could also be considered.

KIDSAFE NEW SOUTH WALES Inc.

Kidsafe House
Hainsworth Street
Locked Bag 4001
WESTMEAD NSW 2145
Ph: 02 9845 0890 Fax: 02 9845 0895
kidsafe@chw.edu.au
kidsafensw.org

KIDSAFE HUNTER (regional sub-committee of Kidsafe NSW Inc.)

Shop 5 Hilltop Plaza
Pacific Highway Arcade
PO Box 580
CHARLESTOWN NSW 2290
Ph: 02 4942 4488 Fax: 02 4942 4499
kidsafe@hunterlink.net.au
kidsafehunter.com.au

Safe Practices

- Preparation is important! Prepare for the child's change before proceeding.
- Keep everything you need to change baby close at hand.
- Ensure you provide constant supervision whilst the child is on the change table. If you need to turn away, keep one hand on the child.
- Ensure that the change table is positioned away from any hazard.
- Maintain a routine to familiarise the child with the changing procedure
- Talk to the child as you do each step to maintain their attention.
- Use a child restraint to secure the child to the change table.
- Never leave a child unattended on the change table. If you have to leave, take the child with you.
- Ensure collapsible frames are locked securely in place before use.
- Be aware of older siblings climbing on change tables.
- Ensure the change table is free from small objects that can cause choking.

