Preventing falls out of windows is as important as learning how to use one in an emergency. Unattended children run the greatest risk of falls and injuries, so the best first step is to watch your children as they play. Nothing can substitute for careful supervision.

1. Windows provide a secondary means of escape from a burning home. Determine your family's emergency escape plan and practice it. Remember that children may have to rely on a window to escape in a fire. Help them learn to safely use a window under these circumstances.

2. When performing spring repairs, take care to make sure that your windows are not painted or nailed shut. You must be able to open them to escape in an emergency.

3. Keep your windows closed and locked when children are around. When opening windows for ventilation, open windows that a child cannot reach.

4. Set and enforce rules about keeping children's play away from windows or patio doors. Falling through the glass can be fatal or cause serious injury.

5. Keep furniture — or anything children can climb — away from windows. Children may use such objects as a climbing aid.

6. If you have young children in your home and are considering installing window guards or window fall prevention devices, be aware that the window guards you install must have a release mechanism so that they can be opened for escape in a fire emergency. Consult your local fire department or building code official to determine proper window guard placement.

7. Some homes may have window guards, security bars, grilles or grates already covering their windows. Those windows are useless in an emergency if the devices on them do not have a functioning release mechanism. Time is critical when escaping a fire.

8. Do not install window unit air conditioners in windows that may be needed for escape or rescue in an emergency. The air conditioning unit could block or impede escape through the window. Always be sure that you have at least one window in each sleeping and living area that meets escape and rescue requirements.

9. The degree of injury sustained from a window fall can be affected by the surface on which the victim falls. Shrubs and soft edging like wood chips or grass beneath windows may lessen the impact if a fall does occur.