

Furniture Tip Overs: Anchor It Down

Every year, thousands of people, many of them young children, are injured when furniture tips over. Dressers, bookshelves, TVs, and other heavy household items can become dangerous if they aren't properly secured. The good news? Furniture tip-over injuries are preventable. A few simple steps can make your home significantly safer for everyone who lives there or visits.

Furniture tip-overs often occur when children climb on drawers or shelves, try to reach for items placed up high, or pull on unstable pieces for support. Televisions placed on dressers or unsecured stands can also tip forward, especially when bumped into or pulled. Adults are not immune—tip-overs can happen during routine activities like cleaning, rearranging furniture, or by losing balance and grabbing onto an unsecured item.

Who Is Most at Risk?

- **Young children**, especially toddlers and preschoolers, are at the highest risk due to their natural curiosity and climbing behaviors.
- **Older adults** may be injured if they rely on furniture for balance or support.
- **Pets** can also be harmed when furniture tips over unexpectedly.

The Simple Solution: Anchor It Down

Anchoring furniture to the wall is one of the most effective ways to prevent tip-overs. Furniture anchors, brackets, or straps are inexpensive, widely available, and easy to install.

Furniture that should always be anchored includes:

- Dressers and chests of drawers
- Bookcases and shelving units
- TV stands and televisions
- Wardrobes, armoires, and filing cabinets

Practical Furniture Safety Tips

- **Anchor all tall or heavy furniture** to wall studs using approved anchoring devices.

- **Place TVs on low, stable furniture** designed to hold televisions—and anchor both the TV and the stand.
- **Keep frequently used items in lower drawers or shelves** to reduce climbing.
- **Never place tempting items** like toys, remotes, or snacks on top of furniture.
- **Use drawer stops** and avoid opening multiple drawers at once.
- **Check anchors regularly**, especially after moving furniture or during home renovations.

If you rent your home, anchoring is still possible, and important. Many anchors require only small holes that can be easily patched when you move. Talk with your landlord if you have questions; child safety and injury prevention benefit everyone.

Furniture tip-over injuries can happen in seconds but have lifelong consequences. Anchoring furniture is a quick, affordable action that can save lives and prevent serious injuries. Whether you're childproofing a home, caring for an older adult, or simply making your space safer, the message is clear:

Anchor it down. Every room. Every time.

For more injury prevention tips and resources, follow ATSPA and help us spread the word about making homes safer for all.