Bunk Beds – Place of Danger?

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The European standard for bunk beds, EN 747-1, was amended in 2015 to introduce the need for manufacturers to mark bunk beds with either a warning text or a pictogram indicating that bunk beds are not suitable for children < 6.

Whilst applauding the amendment to this standard, we do however need to continue analysing the injury event in order to identify high risk groups and critical circumstances.

Investigation of the German Injury Data Base.
German IDB 2008-2014

- Case analysis of 10,332 medically treated injuries in the under 10 year-olds in 3 large hospitals
- Bunk bed injuries were counted when a bunk bed was named as a "trigger" or a "causing" factor (n=170)
Bunk bed related injuries n=170

78% of injuries involving bunk beds occurred in the < 6 year-olds

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Count (n)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 2 years</td>
<td>15</td>
</tr>
<tr>
<td>2 - 3 years</td>
<td>62</td>
</tr>
<tr>
<td>4 - 5 years</td>
<td>56</td>
</tr>
<tr>
<td>6 - 7 years</td>
<td>25</td>
</tr>
<tr>
<td>8 - 9 years</td>
<td>12</td>
</tr>
</tbody>
</table>

Bunk bed related injuries by age group
The 2 most frequent injury events in < 6 year-olds

Falls from bunk bed are the most common injury mechanism.

The < 2 year-olds are at highest risk of falling from steps.

Injury event, in % of all bunk bed injuries

- Falls from bed
- Falls from steps
- Other / unknown

- 0 - 1 year (n=15)
- 2 - 3 years (n=62)
- 4 - 5 years (n=56)
Severety of bunk bed related injuries in under 6 year-olds (133)

- 56 % (73/133) hospital admissions
- 90 % (66/73) suffered severe head injuries
When buying bunk beds, parents are often unaware of the danger for young children.

The amended European standard from 2015 was an important milestone.

However, parental supervision is equally important. A parental education campaign would be valuable.
Thank you for your kind attention

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