

## Keep Your Child Safe

To prevent injuries and accidents from happening, child-proof your home to ensure safety. Use the checklist below to see if your home is safe:

### Falls & Falling Objects

- Use night lights and skid-proof rugs.
- Put safety gates at top/bottom of stairs. It's best to permanently install these with hardware.
- Lock basement doors.
- Don't pile things on steps.
- Move furniture away from windows.
- Use safety straps on high chairs, strollers and carriers.
- Never turn your back on a baby on a bed, changing table or counter.
- Be careful if your child uses a walker. Keep it away from stairs.
- Position furniture or other heavy objects so that it cannot be toppled easily.
- Keep electric cords up and out of the way.

### Burns, electrical shock, or fire

- Keep your child away from fires, heaters and furnaces.
- Lower water temperature. Check temperature before children get in tub.
- Turn pot handles in. Keep hot dishes away from edge of table.
- Never carry a baby and hot food at the same time.
- Don't let children use fireworks.
- Keep matches and lighters out of reach of children.
- Install smoke alarms and fire extinguishers.
- Check temperature of food and bottles heated in the microwave before giving to child.
- Cover unused electrical outlets with safety caps.
- Secure and place electronic equipment up high and out of reach.

### Poison

- Keep trash covered and out of reach of young children.
- Keep all cigarettes and tobacco products away from children.
- Keep perfumes, cosmetics and other drug products in high cabinets with safety latches.
- Do not store alcoholic beverages, cleaning supplies, pet supplies, vitamins, gasoline, paint thinner, fertilizer, weed killer or other poisons where children can get to them.
- Follow directions and cautions on warnings on drugs, cosmetics and chemicals.
- Make sure walls, furniture and toys have lead-free paint.
- Have your home checked for radon.
- Make sure all toys and child-related materials contain non-toxic materials.
- Teach children not to taste things like berries, roots, plants, pills or tablets without your permission.
- Remove or move out of child range any poisonous plants.

### **Choking and Suffocation**

- Make sure toys have no small parts that can break off and be swallowed.
- Use balloons only with close adult supervision.
- Do not allow children under 3 to play with any toys or objects that are less than 1 1/4 inch in diameter (about the size of a half dollar).
- Remove hanging crib toys when infants are able to pull themselves up.
- Do not feed children under 4 nuts, hard candies, popcorn, pretzels, or raw carrots. Cut hot dogs and sausages into small bites and NOT round slices.
- Keep all plastic bags out of child's reach.
- Do not allow children access to objects that have long cords (pacifiers with strings, old jewelry, blinds, etc).
- Remove lids and doors from old freezers, refrigerators, cars and car trunks.
- Make sure crib mattresses fit tightly and that crib rails are 2 3/8 inches apart.

### **Drowning**

- Never leave children alone in the bathtub or swimming pool.
- Keep toilet lids closed.
- Empty mop buckets immediately after use.

### **Cuts and Punctures**

- Keep all sharp objects out of reach (cooking knives, silverware, scissors, razors, etc).
- Do not allow children to play with sharp tools or around lawn mowers and power saws.
- Mark glass windows and doors with decals or tape in order to be more visible.

### **Automobile Safety**

- Do not allow children to play near or behind a parked car.
- Use seat belts and car seats based on state laws.
- Never leave children alone in an automobile.
- Create a system to remind yourself that your child is in the car.
- Teach children to look both ways when crossing the street and to hold the hand of an adult.

### **Outdoor Safety**

- Cover sandbox when not in use.
- If play area is near street, fence it in.
- Keep gates closed and install childproof latches.
- Check play area routinely for trash, sharp branches, tools, lawn equipment and animal feces.
- Teach children not to play near the street and to ask for help if toys roll into the street.
- Make sure that surface area under large play equipment is impact absorbing.
- Require children to use helmets and other protective gear while using bikes, skateboards, roller blades, etc.

Information taken from National Network for Child Care-NNCC.