



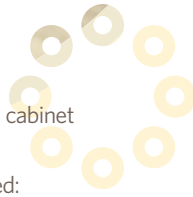
Safety at Home

This Safety Checklist is designed to help you protect your children – and everyone else in the family – from unintentional injuries.

It is designed to be an easy room-by-room survey that will quickly point out possible dangers.

Kitchen

- Are there safety latches on cabinet doors?
- Are cleaning supplies stored:
 - separately from foods?
 - in a locked cabinet out of reach of your child?
 - in their original containers?
- Are vitamins and medicine out of your child's reach?
- Are food treats and other attractive items stored away from the stove?
- Are these dangerous objects out of reach:
 - knives and other sharp objects?
 - hot food, beverages, and glassware?
 - serrated boxes of plastic wrap and aluminum foil?
- Is the tablecloth folded or secured so it can't be pulled down?
- Do you keep pot handles turned away from the stove, so children can't reach them?
- Do you keep your child in a safe place while cooking?
- Do you keep toys and play activities out of the kitchen?
- Does your child's high chair have a wide base and a harness?
- Are matches and lighters kept high up, out of your child's reach?
- Does your stove have an anti-tilt device or is it attached to the wall?
- Are glass jars stored on shelving inside the refrigerator instead of the door?



Bathroom

- Are medicines and cleaning supplies stored:
 - in a locked cabinet?
 - out of your child's reach?
 - in clearly marked and original containers?
 - in containers with child-resistant caps?
- Are razors, scissors, and other sharp utensils stored out of your child's reach?
- Are electric appliances:
 - unplugged when not in use?
 - positioned away from all water?
 - out of your child's reach?
- Is there a lock on the toilet seat?
- Is your child always watched while in the bathtub?
- Is there a non-skid mat in the bathtub?
- Do you check the temperature of the water in the tub before you put your child into it?

Your Child's Bedroom

- Does your child's crib have:
 - slats that are no more than 2 3/8 inches (6 cm.) apart?
 - a mattress that fits snugly against the frame?
 - sides that are 22 inches (56 cm.) above the mattress?
 - secure, child-proof side locks?
- no sharp corners or edges and no projections, such as posts?
 - no broken, cracked, or loose parts?
 - no loose plastic sheeting?
 - no cords or drapery in the crib?
 - no low cradle gyms or mobiles that the child can use to crawl out?
 - no objects that could cause suffocation including bumper pads, blankets, pillows or stuffed animals.

Play Areas

- Does the toy chest have no lid, a light-weight lid, or a safe-closing mechanism?
- Are the toys appropriate for your child? Are they:
 - without small pieces that can break off and be choked on?
 - without sharp corners or edges?
 - without any joints that can pinch fingers?
 - without any projections that could injure an eye?

Windows

- Is access to windows blocked so that your child can't fall out?
- Do windows have safety bars (except windows leading to fire escapes)?

Stairs & Railings

- Are there safety gates (not the accordion type) at the top and bottom of all stairways?
- Is there firm footing on the stairs (no loose carpeting, uneven steps)?
- Are the stairs well lighted?
- Are the railings on stairs, porches and balconies sturdy and in good repair?

Electrical Outlets

- Do all electric switches and outlets have cover plates?
- Do all unused outlets have no-shock, child-proof covers?
- Are electric cords:
 - out of your child's reach and out of traffic flow?
 - neither frayed nor cracked?
 - neither under rugs nor stapled to baseboards?
- Are space heaters:
 - stable and protectively covered?
 - inaccessible to your child?
 - at least 36 inches from curtains, towels, carpets, papers, and furniture?

General Living Areas

- Are dangerous items out of reach:
 - plants (poison danger)?
 - cigarettes and butts (poison danger)?
 - loose change (choking danger)?
 - purse and pocketbook contents (poison and choking dangers)?
 - balloons?
 - matches and lighters?
- Are small rugs and runners tacked down or slip resistant?
- Have you checked to make sure there are no loose paint chips around the house?
- Are guns stored unloaded in locked cases and drawers and the ammunition stored separately?
- Is there at least one working smoke detector and carbon monoxide detector that is checked and cleaned regularly?
- Are the batteries changed once each year?
- Do you have a home fire escape plan?
- Are emergency numbers posted in highly visible location:
 - family physician?
 - poison control center?
 - police?
 - ambulance?
- Are bookshelves, bureaus, and dressers secured with screws into wall studs?
- Are your pet's food and water dishes (drowning hazard) kept in a safe place?
- Have door stops been removed and replaced at top of doors? (rubber tips present a choking hazard)

Outdoor Play Areas

- Do you supervise your child's outdoor play?
- Does your child's play area:
 - have an impact-absorbent surface, like pea gravel or wood chips?
 - have a fence around it?
- Is the play equipment:
 - securely anchored?
 - at least six feet from fences or other structures?
 - free of projections, sharp edges, loose parts, entrapment spaces, hard swings, and moving parts?
 - surrounded by a soft landing space?

- Do swimming pools have:
 - fences on all four sides that are at least five feet high?
 - gates that are self-latching and self-closing?

Infant & Child Safety Information

American Academy of Pediatrics - children's health guidelines and resources
www.aap.org

First Candle - Sudden Infant Death Syndrome (SIDS) prevention and support
www.firstcandle.org

National Capital Poison Control Center - poison information and hotline
www.poison.org

National Center on Shaken Baby Syndrome - prevention education about Shaken Baby Syndrome
www.dontshake.com

National Highway Traffic Safety Administration - travel safety and car seat installation instructions
www.nhtsa.gov

Red Cross - disaster preparedness
www.redcross.org

Safe Kids Worldwide - child safety and childproofing tips
www.safekids.org

SeatCheck - car seat information and inspection site locator
www.seatcheck.org

U.S. Consumer Products Safety Commission - consumer protection and product recalls
www.cpsc.gov