

- Remember that children may become excited while watching a program, especially on a large screen, make sure to install or place the display in an area where it will not be pushed, pulled over or knocked down.
- For added TV safety, install furniture straps to all home theatre equipment and furniture that may be pulled over, pushed or climbed on.

### *In the Bathroom*

- Hot water temperature is set at 110-120 degrees F or lower.
- When bathing, children must always be watched by an adult.
- Small electrical appliances, such as hair dryers, shavers, curling irons or radios are never used near water in sinks or tubs, and are unplugged when not in use.



### *In the Kitchen*

- Boiling water, hot sauces are kept on the back burners, out of reach of children.
- During cooking, pot handles are turned toward the back of the stove.
- Knives and sharp objects are kept out of children's reach.
- Cleaning supplies are stored separately from food and kept beyond children's reach, or kept in cabinets secured with child safety latches or locks.
- Food treats or other items attractive to children are not kept over the stove.
- High chair is stable, with a wide base and a tray that locks securely.



### *On the Stairs*

- For small children use toddler gates at the top and bottom of stairs.
- Nothing is ever stored on the stairway, even temporarily.
- Children are never allowed near stairs in walkers, strollers or carriages.



### *Fire Safety*

- There is at least one smoke detector properly installed on every floor of the house.
- Smoke detectors are checked twice a year to be sure they are working properly.
- Matches and lighters are always out of children's reach.
- Small heaters and stoves are placed where they can't be tipped over.
- Small heaters are kept away from furnishings and flammable materials, such as curtains and rugs.
- Space heaters can not be accessed by small children.
- A working fire extinguisher is kept in the home.

### *Firearm Safety*

If you feel you must keep a gun in your home, take these precautions:

- Attend a firearm safety course.
- Keep the gun in a locked drawer or cabinet; keep the key out of children's reach.
- Store the gun unloaded or disassembled.
- Use a trigger lock.
- Keep ammunition in a separate, locked place.



# Home SAFETY TIPS for children



# Simple Safety Tips for You and Your Children

## For infants:



- Always place your baby on his or her back to sleep, even for naps, unless your doctor tells you differently. This is the safest sleep position for a healthy baby to reduce the risk of SIDS (sudden infant death syndrome).
- Make sure everyone who cares for your baby knows to place your baby on his or her back to sleep.
- Make sure your baby's face and head stay uncovered during sleep. Keep objects away from your baby's mouth and nose.
- Place your baby to bed on a firm mattress, preferably in a safety-approved crib. Do NOT use pillows, comforters or stuffed toys in the baby's crib. Make sure that the mattress fits snugly into the crib frame and that the crib's slats are less than 2 ½ inches apart.
- Infants should not be put to sleep on waterbeds, sofas, chairs, or other unstable surfaces. Infants may suffocate if they become wedged between the cushions of a sofa, caught in a bed frame, or caught between a bed frame and the mattress wall.
- Be careful about sleeping with infants. A small sleeping area with one or more adults and siblings increases the risk of the infant becoming entrapped in bedding or smothered during the shifting that may occur during sleep.
- Temperature must also be considered for your baby's comfort. It is recommended that room temperature not be set higher than 70 degrees. Always use safe sleepwear without strings or ties, making sure your baby is not over bundled.

- Take care if you're overtired. Overtiredness may cause parents to fall asleep while holding or breastfeeding their infant, only to have the baby slip beneath them or down into the chair or bed frame. Consider placing the infant's crib near your bed to allow for more convenient breastfeeding, parent contact, and for the return of the infant to the crib after feeding.
- Do NOT use "Boppy Pillows" in the baby's crib or use them as a pillow for your baby. They are intended to assist you while breastfeeding your infant.

## Home Safety Tips for Children

### *In and around home or apt., make sure:*

- Access to windows is blocked, and windows have secure screens or window guards.
- There are no loose paint chips (which toddlers might swallow) around the house.
- Children who may have been exposed to lead poisoning by eating paint chips should be checked by a doctor immediately.
- The number for a local poison control center (1-800-222-1222) is kept on or near the telephone. Call 911 if your child has collapsed or is not breathing.
- There is syrup of ipecac in the house - just in case it's needed to induce vomiting (ipecac should not be used until a poison control center or physician has been consulted).
- Items and foods that could choke a child are kept out of reach.
- Pocketbooks with potentially dangerous items, such as vitamins, birth control pills, cigarettes, matches and lighters, jewelry and calculators (which contain easy-to-swallow, poisonous batteries) are kept out of children's reach.



- Swimming pools in the neighborhood (including your pool) are fenced with self-latching gates.
- If construction is being done in or around the home, make sure areas are secured by a professional and that children are not unsupervised in those areas.
- If there are small children in the house, latches control their access to the garage and basement, which are areas where many dangerous items are often stored.
- Fire sources, such as ashtrays, smoking materials, heaters, hot plates, teapots, etc., are kept well away from beds and bedding.
- No one in the house ever smokes in bed!
- Electric blankets are not covered or folded. (Tucking in an electric blanket can cause heat buildup and start a fire.)

## Television Safety



- Injuries and deaths frequently take place when a TV falls onto a child causing head injury and skull fractures. This can happen with TVs of all sizes, not just the large screen variety!
- Place TV on furniture that is appropriate for the size of the television or on a low-rise base. Push TV as far back as possible.
- Do not place tempting items, toys or the remote control, on top of the television.
- Don't allow children to climb on or play with furniture or television sets.
- Don't place televisions on furniture that can easily be used as steps, such as a chest of drawers.