

## Home Safety Checklist

Use this checklist to help ensure that your home is safer for your child. A "full-house survey" is recommended at least every 6 months. Every home is different, and no checklist is complete and appropriate for every child and every household.

### Your Child's Bedroom

- Is there a safety belt on the changing table to prevent falls?
- Is the baby powder out of baby's reach during diaper changing? Inhaled powder can injure a baby's lungs. Use cornstarch rather than talcum powder.
- Are changing supplies within your reach when baby is being changed?
- Never leave a child unattended on a changing table, even for a moment.
- Is there a carpet or a nonskid rug beneath the crib and changing table?
- Are drapery and blind cords out of baby's reach from the crib and changing table? They can strangle children if they are left loose.
- Have bumper pads, toys, pillows and stuffed animals been removed from the crib by the time the baby can pull up to stand? If large enough, these items can be used as a step for climbing out.
- Have all crib gyms, hanging toys, and decorations been removed from the crib by the time your baby can get up on his hands and knees? Children can get tangled in them and become strangled.
- Make sure the crib has no elevated corner posts or decorative cutouts in the end panels. Loose clothing can become snagged on these and strangle your baby.
- Does the mattress in the crib fit snugly, without any gaps, so your child cannot slip in between the crack and the crib side?
- The slots on the crib should no more than 2-3/8 inches apart. Widely spaced slots can trap an infant's head.
- Are all screws, bolts, and hardware, including mattress supports, in place to prevent the crib from collapsing?
- Make sure there are no plastic bags or other plastic material in or around the crib that might cause suffocation.
- Check the crib for small parts and pieces that your child could choke on.
- Is there a smoke detector in or near your child's bedroom?
- Make sure the night-light is not near or touching drapes or a bedspread where it could start a fire. Buy only "cool" night-lights that do not get hot.
- Make sure that window guards are securely in place to prevent a child from falling out the window. Never place a crib, playpen, or other children's furniture near a window.

### Your Bedroom

- Do not keep firearms anywhere in the house. If you must, lock up the gun and the bullets separately.
- Check that there are no prescription drugs, toiletries, or other poisonous substances accessible to young children.
- If your child has access to your bedroom, make sure drapery or blind cords are well out of reach. Children can get tangled in them and become strangled.
- Is there a working smoke detector in the hallway outside of the bedroom?

### The Bathroom

- Is there a nonskid bath mat on the floor to prevent falls?
- Is there a nonskid mat or no-slip strips in the bathtub to prevent falls?
- Are the electrical outlets protected with Ground Fault Circuit Interrupters to decrease the risk of electrical injury?
- Are medications and cosmetics stored in a locked cabinet well out of your child's reach?
- Are hairdryers, curling irons, and other electrical appliances unplugged and stored well out of reach? They can cause burns or electrical injuries.
- Are there child-resistant safety latches on all cabinets containing potentially harmful substances (cosmetics, medications, mouthwash, cleaning supplies)?
- Are there child-resistant caps on all medications, and are all medications stored in their original containers?
- Is the temperature of your hot water heater 120 F or lower to prevent scalding?
- Remember, supervision of young children is essential in the bathroom, especially when they are in the tub - to prevent drowning.
- Do you need a doorknob cover to prevent your child from going into the bathroom when you are not there? Teach adults and older children to put the toilet seat cover down and to close the bathroom door when done - to prevent drowning.

### The Kitchen

- Make Sure that vitamins or other medications are kept out of your child's reach. Use child-resistant caps.

- Are there plug protectors in the unused electrical outlets? These keep children from sticking their fingers or other objects into the holes.
- Make sure a toy box does not have a heavy, hinged lid that can trap your child. (It is safer with no lid at all.)
- To keep the air moist, use a cool mist humidifier (not a vaporizer) to avoid burns. Clean it frequently and empty it when not in use to avoid bacteria and mold from growing in the still water.
- To reduce the risk of SIDS (Sudden Infant Death Syndrome), put your baby to sleep on her back in a crib with a firm, flat mattress and no soft bedding underneath her.
- Keep sharp knives or other sharp utensils well out of the child's reach (using safety latches or high cabinets).
- See that chairs and step stools are away from counters and the stove, where a child could climb up and get hurt.
- Use the back burners and make sure pot handles on the stove are pointing inward so your child cannot reach up and grab them.
- Make sure automatic dishwasher detergent and other toxic cleaning supplies are stored in their original containers, out of a child's reach, in cabinets with child safety latches.