

# Safe Home Checklist

You can use this checklist to help make your home a SAFE HOME for your child.

# Kitchen Safety

- \* Keep the following items out of your child's reach
  - \* Coffee, hot liquids and hot foods
  - \* Cleaning supplies
  - \* Knives and other sharp things
  - \* Small items and pieces of food that could cause choking
- \* Cleaning supplies should be stored separately from food
- \* Food, treats and other things that your child might want should be stored away from the stove
- \* Use extra care when cooking on the stove
  - \* Turn pot handles toward the back of the stove
  - \* Test food heated in the microwave to make sure it's not too hot before you give it to your child
  - \* Keep your child in a safe place while you cook

# Bathroom Safety

- \* Watch your child at ALL times when they are in the bathtub
  - \* Children can drown in just a few inches of water and in just a few seconds
  - \* Children can be burned by turning on the hot water by themselves
- \* Electrical appliances should be kept unplugged, away from water and out of your child's reach
- \* Set the water heater to a safe water temperature
  - \* 120 degrees or less is recommended to prevent burns

# Child Area Safety

- \* Set up furniture away from windows so that small children cannot climb up to the windows and fall out
- \* Ensure windows have secure screens
- \* Put window guards in windows that might be easier for your child to reach
- \* Use toddler gates at the top and bottom of stairs
  - \* Don't use an accordion-style gate, it can strangle your child and cause death
- \* The crib mattress should fit tightly in the crib
  - \* A mattress that fits loosely can cause your child to get stuck and injured or suffocated
  - \* There should be no more than 2 fingers distance between the mattress and the crib frame

# Child Area Safety

- \* Crib bars should be  $2 \frac{3}{8}$  inches or less apart
- \* Toy chests should have a VERY lightweight lid or no lid at all
- \* Furniture should be secured so that it cannot tip over if your child climbs on it
  - \* Book shelves or book cases
  - \* Desks
  - \* Dressers
  - \* Chests
  - \* TV stands

# General Home Safety

- \* Keep the following out of your child's reach:
  - \* Electrical cords
  - \* Indoor plants
  - \* Space heaters
  - \* Wood burning stove
- \* All electrical and extension cords should be in safe condition – not frayed and not overloaded
- \* Inspect your home for loose or peeling paint
- \* Secure your basement and garage so that your child cannot get into them

# Safety Supplies

- \* Safe, working smoke alarms
- \* Carbon monoxide detectors
- \* Accessible Poison Control Center contact information
- \* Safety latches on cabinets and drawers that contain unsafe items like cleaning supplies, medicine, alcohol, knives or matches

# Safety Practices

- \* Have a fire escape plan for your family and practice it
- \* Keep matches and lighters out of your child's reach
- \* If someone smokes in your home, make sure to not smoke in bed
- \* Use a car safety seat or booster seat in the back seat during car travel
- \* Use your seat belt to protect yourself and set a good example
- \* Teach your child how to “stop, drop, and roll” if their clothes catch fire
- \* Always stay with your baby while they are on a high surface, like a changing table
- \* Keep guns, pills, cigarettes, and small items that could be swallowed out of reach