



Keeping Kids Safe: Safety Is Where Children Are

Most people regard their homes as safe. However, most injuries involving children occur in the child's home. Using common safeguards can reduce the risk of injuries. When checking your home, begin by looking in each room from your child's eye level and reach.

Some Helpful Steps to Prevent Injuries

Choking

- ◆ Keep drapery, blind, electrical, and telephone cords out of reach with wall hooks.
- ◆ For children younger than 1 year, avoid foods like hotdogs, hard candies, grapes, raisins, and raw vegetables that can lodge in the child's throat.
- ◆ Keep small objects that can be swallowed off floors, tables, and other areas.
- ◆ Store cleaning supplies in original containers and use cabinet and drawer latches and locks.
- ◆ Secure all prescription and non-prescription medications and use child resistant bottles.
- ◆ Store cosmetics away.
- ◆ Check the garage and storage for hazards. Keep all household chemicals in original containers and in a secure area.
- ◆ Keep toxic plants out of reach.
- ◆ Secure purses carrying cosmetics, medications, and small objects

Suffocation

- ◆ Place infants on their backs to sleep.
- ◆ In cribs, avoid soft bedding, pillows, and stuffed animals.
- ◆ Keep plastic bags away from children.
- ◆ Keep children from playing around parked cars and all appliances.

Burns/Fires

- ◆ Set hot water heater thermostats to 120° or less.

- ◆ Baby's bath water should be no warmer than 100°.
- ◆ Check the temperature of bath water before placing child in.
- ◆ When cooking, use back burners and turn pot handles inward.
- ◆ Avoid placing hot liquids within reach.
- ◆ Secure matches, lighters, gasoline and other flammables, even if just for a split second to answer the phone.
- ◆ Use electrical outlet covers.
- ◆ Keep all electrical appliances out of reach.
- ◆ Place guards around space/floor/wall heaters, fire places, and barbeque grills.
- ◆ Install smoke alarms.

Other Safety Tips

- ◆ Never leave your baby, toddler, or small child unattended in the bathtub.
- ◆ Prevent falls on stairs by using pressure or permanent gates at top and bottom of stairs.
- ◆ Prevent falls and injuries in the bathtub by using a full-length bath mat and spout guard.
- ◆ Make glass doors visible by using colorful decals.
- ◆ Secure unloaded guns and ammunition in an inaccessible place, away from all children.
- ◆ Use locking safety devices on guns.

Be prepared for accidents

- ◆ Remain calm
- ◆ Have numbers posted for: Poison Center 1-800-764-7661 (1-800-POISON1), Emergency Medical Services (EMS), and your doctor.
- ◆ Be prepared to give the nature of the injury, the child's age, height, weight, any existing health problems, and what your child ate or drank when you call.

Additional resources

The National Safety Council (www.nsc.org)

The National Safe Kids Campaign (www.safekids.org)