

Raising Safe Kids: One Stage at a Time

Home Safety Basics

Most injuries to children happen in the home, but there are simple steps you can take to prevent these from happening. Look at the world through your children's eyes to see hazards within their reach. Actively supervise your children at all times and use safety devices to protect your loved ones.

Fire

What to Look For

- Non-functioning smoke alarms (no battery, broken)
- Absence of smoke alarms on every level of your home and outside each sleeping area
- Pots on front burners of stove
- Heating and other appliances close to anything flammable
- Matches, candles, cigarettes within reach of children

What You Can Do

- Prevent fires from starting
 - Don't smoke inside your home
 - Keep matches, lighters and candles away from children
 - Be cautious in the kitchen
 - Keep heating appliances away from flammable fabrics (curtains)
- Install and test smoke alarms
- Practice an escape plan

Burns

What to Look For

- Dangling cords and appliances that may overturn easily
- Microwaves that may heat foods more than expected
- Water heater set at greater than 120 degrees

What You Can Do

- Set your water heater to 120 degrees or consult with your landlord
- Check the water before placing your child in the shower or bath with your wrist or elbow
- Keep electrical cords out of reach and outlets not overloaded
- Install barriers around fire places
- Keep poisonous and flammable liquids out of reach
- Don't heat baby formula or baby milk in a microwave



Falls

What to Look For

- Stairs without well-secured gates at top and bottom
- Furniture near windows
- Baby walkers
- Clutter on floors and stairs
- Unstable furniture (TVs, book shelves)
- Banisters with rails spaced wider than 3½ inches
- Backyard play sets with unsafe surfacing

What You Can Do

- Actively supervise when children are at play
- Move furniture away from windows and properly secure it to the wall
- Install window guards
- Remove clutter from stairs and floor
- Install gates at top and bottom of stairs
- Use shredded rubber, mulch or sand beneath backyard play sets
- Use stationary play centers instead of baby walkers

Poisonings

What to Look For

- Cleaning products, pesticides and other toxic substances in the reach and sight of children
- Medicines and vitamins, which may look like harmless candy or beverages
- Heating sources that release carbon monoxide
- Absence of carbon monoxide detectors on every level of your home and outside each sleeping area
- Poisonous plants

What You Can Do

- Store all household products and medications locked out of children's sight and reach
- Learn the poison control number: 1-800-222-1222
- Always read labels and follow instructions when giving medicines to children
- Install and test carbon monoxide detectors
- Use child-resistant packages

This checklist only addresses fire, burns, falls and poisonings.

For more information about other risks in your home, please visit www.usa.safekids.org.

