



# Home Safety Checklist

Keeping kids safe, room by room

## BATHROOM

### Water Safety

- Watch children when they are in and around water, without being distracted. Remember to keep young children within arm's reach of an adult.
- Check the water temperature with your wrist or elbow before giving your baby a bath.

### Medicine Safety

- Keep all medicine and vitamins out of children's reach and sight, even medicine you take every day.
- Write clear instructions for other caregivers about what medicine to give children, when to give it and how much to give.

## BEDROOM

### Sleep Safety

- Make sure babies sleep on their backs and in their own crib. Room sharing is a safer option than having your baby sleep in bed with you.
- Choose a firm mattress and a fitted crib sheet for your baby's crib. Keep cribs clear of toys and soft bedding.

## STAIRS + WINDOWS

### Preventing Falls

- Use approved safety gates at the top and bottom of stairs, and attach them to the wall, if possible.
- Properly install window guards or stops to help prevent falls from windows.

## KITCHEN

### Fire and Carbon Monoxide Safety

- Make sure there is a working smoke alarm and carbon monoxide alarm on every level of your home. Test the batteries every month.
- Create and practice a home fire escape plan with your family. Know two ways out of every room in case of a fire.

### Preventing Burns

- Cook on the back burners of the stove and keep pot handles turned away from the edge. Keep hot foods and liquids away from the edge of counters and tables.
- Don't hold a child while cooking on the stove. It's better to put your child in a high chair where you can still see them.

### Poison Prevention

- Store all household cleaning products and chemicals in their original containers, out of children's reach and sight.
- Save the toll-free Poison Help number into your phone in case of emergency: 1-800-222-1222.

## LIVING ROOM

### Preventing TV and Furniture Tip-overs

- Mount flat-panel TVs to the wall and place large, box-style TVs on a low, stable piece of furniture.
- Use brackets, braces or wall straps to secure unstable or top-heavy furniture to the wall.

### Toy Safety

- When choosing a toy or game, read the instructions and warning labels. Make sure the toy is appropriate for your child's age and development.
- Sign up for product recalls at <http://www.safekids.org/product-recalls>.

### Preventing Choking and Strangulation

- Keep small objects out of children's reach and sight. Look for and remove small items that are at your child's eye level.
- Keep cords and strings out of children's reach, including those attached to window blinds.