

More than 4.5 million children are injured in the home every year. Try to childproof every room asking

Childproof your home

what is within reach of the child that may be a temptation. Childproofing does not guarantee safety—but supervision is the most important key to preventing injury. Also, keep emergency numbers by the phone and keep a first aid kit on hand.

BEDROOM

- ❑ **Crib:** Crib slats should be 2-3/8 inches apart or less so baby's head can't get trapped.
- ❑ **Window blind cords:** Never place a crib near windows. Cut looped chains or blind cords in half to avoid strangulation.
- ❑ **Toy chests:** Use chests without lids or with supports that hold a lid open in any position.
- ❑ Keep **balls, balloons and other small toys** away from crib to avoid choking.
- ❑ **Review recent recalls and safety product news.**
Visit cpsc.gov



AROUND THE HOUSE

- ❑ **Tools and chemicals:** Keep all paints, varnishes, cleaning products and dangerous tools out of reach. Storage areas should be locked and off limits. Unplug all power tools.
- ❑ **Garage doors:** Automatic garage doors should have an automatic safety reverse installed to prevent children from being trapped or killed under closing garage doors.
- ❑ **Check for fire hazards.** Look for frayed wires or flammable materials near heat sources such as space heaters.
- ❑ **Install carbon monoxide and smoke detectors** in every sleeping area and on every level of your home.
- ❑ **Use safety gates** at the top and bottom of stairs and dangerous areas.
- ❑ **Use safety covers** on all unused electrical outlet plates.
- ❑ **If firearms are kept in the house, keep them locked,** unloaded and stored out of reach. Secure ammunition in a separate, locked location.
- ❑ **Install window guards** in the home and **install safety netting** for all balcony and deck areas.
- ❑ **Secure bookcases, shelving and heavy furniture to walls with brackets and anchors.** Also, secure large items such as TVs, microwaves and fish tanks.
- ❑ **Use corner and edge bumpers** to prevent injuries from sharp edges on furniture and fireplaces.
- ❑ **Use safety latches and locks** on all cabinets and drawers.
- ❑ **Use door stops or door holders** on door hinges to prevent crushing injuries.
- ❑ **Use door knob covers and door locks** to keep children away from hazards.
- ❑ **Use a cordless phone** to allow continuous supervision of children.



LutheranChildrensHospital.com

(260) 435-PEDS

Car seat safety program

(260) 435-7887

Indiana Poison Control Center

(800) 222-1222

KITCHEN

- ❑ **Drawers:** Make sure all drawers have stops so that your baby or toddler can't pull the drawer out on top of himself. Also, keep sharp instruments in a latched drawer separate from safe kitchen utensils. Keep glassware out of reach.
- ❑ **Microwave:** Avoid heating baby bottles in microwave ovens. The liquid heats unevenly, leaving pockets of milk potentially hot enough to scald your baby's mouth.
- ❑ **Stove:** Keep pot handles turned toward the back of the stove, use back burners and keep oven doors closed.

BATHROOM

- ❑ **Bathtub:** Never leave your child unattended in a bathtub or bath ring. Always check the water temperature before placing a child in the bathtub.
- ❑ **Toilets:** Install lid locks on all toilets and keep the lid closed to prevent drowning and to keep the lid from slamming on your baby's head or hands.
- ❑ **Medicine cabinet:** Keep all medicines in containers with safety caps, and store them in a locked cabinet.
- ❑ **Electrical appliances:** Unplug devices when not in use, and store them out of reach.
- ❑ **Water:** To prevent scalding, set your hot water heater to a maximum of 120°F. Use anti-scald devices for faucets and shower heads.

HIDDEN HAZARDS

Children are at risk from hidden hazards due to their curiosity, tendency to put things in their mouths and their size. Lack of supervision increases the risk for some of these hazards. Some result from activity that comes naturally to children. Others result from products that just don't mix with kids. Some of the most common hidden hazards include:

- Magnets
- Recalled products
- Pool & spa drains
- Aerosol cans
- All-Terrain vehicles (ATVs)
- Automobile heat-related deaths
- Bleacher falls
- Bunk beds
- Fireworks
- Lawn mowers
- Shopping carts
- Sledding
- Wired or decorative glass
- Clothing with drawstrings
- Five-gallon buckets and other water hazards
- Latex balloons
- Open windows
- Amusement parks
- Backpack injuries
- Lead paint
- Dog bites

sources:

Safe Kids (usa.safekids.org)
Consumer Product Safety Commission (cpsc.gov)