

# Home safety checklist

It's important to remember that your house can never be made completely safe. This checklist will help you, but watching your child is the best way to keep her safe. To do a safety check of your house or apartment, look at it from your child's point of view. Go through your home on your hands and knees to see the exciting world your child sees. Whatever you can grab or see at that height is what she will want to play with, too.

Change as much as you can to make your home safe. Young children will need gentle, firm reminders about things you cannot change. If you live in an apartment, you may have to work with your landlord or manager to have repairs made. Please don't let the landlord off the hook. You and your child have the right to a safe home.

## House

### Yes No

- Do you have gates at the tops of stairs?
- Do your windows have screens or bars on them?
- Was your house built after 1978? If not, or you're not sure, check for paint chips that may contain lead.
- Do you have strong railings along the steps?
- Are the floors free of things that can trip people?
- Are the paths to the doors clear, and are the doors easy to open?
- Are the electrical outlets covered when not in use?

## Fire safety

### Yes No

- Do you have a smoke detector with a battery less than one year old?
- Do you practice getting out of your house or apartment in case of fire?
- Do you keep matches and cigarette lighters away from your child?
- Do you put out all matches and cigarettes carefully?
- Do you keep lighted candles away from walls and curtains?

### Yes No

- Are electrical cords in good shape with no frays?
- Do you use the grill outside only?
- Do you store flammable liquids away from heat?
- If you use natural gas and you smell gas, do you report it?

## Medications and poisons

Medications are anything that you get from your doctor or that you buy yourself to take when you're not feeling well. This also includes vitamins and other dietary supplements.

### Yes No

- Do you store all medications in a locked, high place?
- Do you store all chemicals in their original containers?
- Do you keep the chemical containers tightly closed?
- Do you keep all cleaning supplies locked and in a high place?
- Do you throw away all unused medications where your child can't get to them?
- Do you have the poison control number posted by the phone? The number is 1-800-222-1222 toll free.
- Do you give medicine to your child only according to directions?

## Kitchen safety

### Yes No

- Do you keep all pot and pan handles facing in toward the center of the stove?
- Do you put your child down in a safe place before removing pans from the stove?
- Do you lock all cupboards containing dishwashing soap, drain cleaners or other cleaning supplies?
- Do you check the temperature inside your refrigerator to make sure it is cold enough?
- Do you wipe all spills to prevent slips on the floor?

## Bedroom

### Yes No

- Are the spaces between the crib bars small enough so that your child's head does not fit through them?
- Do you take all pillows and loose blankets out of the crib?
- Do you check all stuffed animals for loose pieces your child could put into her mouth?
- Do you keep the crib away from radiators?
- Do you keep the crib away from items on a high dresser, such as keys, hairpins or coins?

## Bathroom

### Yes No

- Do you check the water temperature before putting your child in the tub?
- Do you ALWAYS stay with your child or toddler when he is in the tub?
- Do you keep a mat at the bottom of the tub to prevent slipping?
- Do you have a towel or rug on the floor to prevent slipping?
- Do you carefully throw away razor blades?
- Do you keep skin products up high and locked away from your child?

## Toys

### Yes No

- Do you check all toys for size so that they cannot be swallowed?
- Do you make certain the toys have no parts that can break off and be swallowed?
- Do you keep older children's toys away from areas where your crawling or toddling child can enter?

## Other things

### Yes No

- Have you posted the 911 number by all phones?
- Have you taught older children how to call 911 and what to say?
- Do you post all your emergency numbers and safety rules for babysitters?
- Do you have all guns unloaded (ammunition stored separately), locked and stored away from your child?
- Do you keep your child and/or his high chair and crib away from hanging window blinds and cords?
- If your window blinds have pull cords, do you wrap the loose cords around a hook or use safety tassels that pull apart?
- Do you have all scissors and knives stored away from your child?
- Do you keep extra refrigerators and freezers locked? Or remove the doors if not in use?
- Do you always keep your baby or young child in a car seat? Do you and your older child always use a seat belt? (It's the law.)
- Do you know first aid?