

# safe AT home



PRESENTED BY:



**Children's Mercy**

# Raise Your IQ



**Injury is the number one cause of death for children and teens.**

Children's Mercy is committed to reducing the impact of injuries on the lives of children and their families through services, research and advocacy.

This safety checklist is intended to help you raise your IQ — your ability to recognize potential dangers in and around your home. Take a moment to walk through your house using this checklist. The few minutes you spend is a wise investment in protecting your family from injuries.

If you answer "No" to any item on this list, you have identified a potentially dangerous situation which should be changed. Keep in mind that every home is different, and no checklist is complete or appropriate for every child or every household.

# Kitchen



Yes No

- Pot handles are turned away from the stove front.
- Electrical cords from appliances are out of child's reach so they can not be pulled down.
- Hot foods and liquids, such as coffee, are placed out of child's reach.
- Knives, plastic bags and all sharp objects are stored out of child's reach.
- Young children's food is cut into small pieces. Foods pose a potential choking hazard in all children. Hot-dogs, peanuts, grapes and hard candy should be avoided by children less than 5 years old.
- Heated foods, especially those warmed in a microwave, are tested before giving them to a child.
- A sturdy high chair is purchased and the safety belt with crotch strap are always used.
- Emergency phone numbers are posted on the refrigerator or telephone. Everyone, including the baby-sitter, knows where this list is.
- A fire extinguisher is located in or near an exit door in the kitchen.
- Equipment is CPSC approved and labeled to indicate compliance.
- All medications, detergents, cleaning supplies and toxic substances are stored in a locked cabinet.
- If cooking with gas, there is a vent to the outside and a carbon dioxide detector installed.

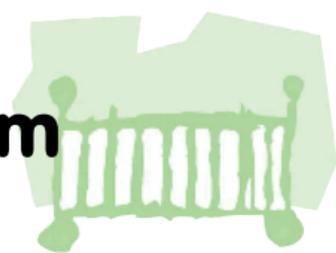
# Bathroom



Yes No

- Hot water at tap is 120 degrees Fahrenheit or lower (use a handy thermometer to measure this). If not, call a plumber or the gas service company for instructions on how to decrease the temperature on the water heater and check it again in 24 hours. The temperature of the water is checked on a wrist before a child is placed in the tub. Children are discouraged from turning on the water themselves.
- Non-slip decals or a mat is in the bathtub. A non-skid rug is used on the floor.
- Young children are never left alone (even for two seconds) in the bathtub.
- Bathroom doors are kept closed when not in use. As an additional safety measure, safety door knob covers and toilet seat latches, are used.
- Hair products and cosmetics are stored and/or locked away from small children.
- Toilet lid is locked down when there are toddlers in the house – they can tip over and drown in the water.
- All electrical appliances are stored away when not in use.
- All medications, detergents, cleaning supplies and toxic substances are stored in a locked cabinet.
- Electrical cords are kept away from water.
- All appliances are grounded and there is a circuit breaker if water source is near an outlet.

# Nursery/ Child's Bedroom



Yes No

- The crib is sturdy and all screws, bolts and supports are in place.
- The space between the crib slats is no more than 2-3/8 inches apart (approximately 2-3 finger widths).
- The crib mattress is firm and fits snugly without gaps.
- There are no elevated corner posts or cut-out designs on the crib.
- There are no other choking hazards such as plastic bags, balloons or loose small objects in the crib.
- All crib gyms, mobiles and decorative items are out of child's reach.
- Baby is put to bed on his/her back in a crib with a firm mattress. The crib is free of toys and soft bedding including pillows, stuffed animals, wedges, bumper pads, and fluffy blankets and comforters.
- The changing table safety strap is used and all necessary supplies are within easy reach.
- To prevent children from falling out, all cribs, changing tables, playpens and beds are placed away from windows. As an added safety measure, fire safe window guards may be installed.
- To prevent suffocation, "sides" on mesh playpens and cribs are always kept up.
- A baby walker is never used.

# Nursery/Child's Bedroom, continued



Yes No

- Follow the AAP's recommendations of a safe sleep environment.
- Use only a crib that meets the CPSC recommendations – no drop side cribs.
- Children's furniture and toy storage cabinets should not be placed near a vent or a window.
- No electrical appliances near the crib or changing table.
- Avoid bunk beds – require side rails the entire length of the bed to prevent falls – check for gaps between mattress and railings – avoid strangulation risk.

# Master Bedroom



Yes No

- A phone, with emergency numbers, is kept next to the bed.
- A night light is kept in the path between this room and our child's bedroom.
- Separate sleeping area for infants - avoid co-sleeping.
- Make sure medications are properly stored out of reach of children.
- Firearms and ammunition are stored separately and out of reach of children, preferably in a locked storage box.
- Avoid electrical extension cords.

# General Living Area



Yes No

- Furniture is free of sharp edges.
- Televisions and other heavy furniture are secured so they won't fall on a child.
- Only non-toxic houseplants are purchased and they are kept out of child's reach.
- There is a barrier around the fireplace, a spark protector in place and matches/lighters are stored out of children's reach.
- All drapery and blind cords are out of children's reach.
- There are no small objects that could pose a choking hazards.
- If there is a gun in the home, it is kept unloaded, locked up and stored separate from the ammunition.
- There is at least one working smoke detector on each floor of the house, including one in the hallway outside the bedrooms.
- Smoke detectors are checked monthly, batteries are changed twice each year and smoke detectors are replaced every ten years.
- A fire escape plan has been practiced and children know how to "stop, drop, and roll."
- The entire family knows how to use the fire extinguisher that is located close to the kitchen.
- The chimney is cleaned and checked yearly.
- Carbon monoxide detectors, with audible alarms, are placed near sleeping areas.
- Emergency phone numbers are posted close to the telephones.
- Avoid perfume or deodorizers – candles.
- Avoid loose area rugs.

# General Living

## Area, continued

Yes No

- Avoid placement of furniture in front of windows – can lead to falls.
- Homes built prior to 1978 have had the lead content of the house paint checked.
- If the paint tested positive for lead, the house is frequently checked for loose paint chips and any that are found are removed.

## Stairs



Yes No

- Sturdy handrails are installed on both sides of the stairways.
- A non-accordion baby gate is installed at the top and bottom of all stairs.
- There is adequate lighting in all stairwells.
- Stairs are kept free of clutter.
- All carpets are securely fastened on stairs.

## Medicine/ Cleaning Supplies



Yes No

- Only medication dispensed in child resistant packaging is purchased.
- Children are never told medicine is candy.
- Medication, cosmetics and cleaning supplies are stored out of children's reach in cabinets with lock or child resistant safety latches, and in original labeled containers.
- The Poison Control Center phone number, (800) 222-1222, is available in case of poisoning.

# Electrical



Yes No

- Unused electrical plugs have child safety outlet covers.
- Small appliances are kept away from water sources (sinks/bathtubs) and unplugged when not in use.
- Outlets with GFCIs (Ground Fault Circuit Interrupters) are installed near sinks.
- Night lights are away from flammable fabrics.
- A flashlight is within easy reach in case of a power outage.
- Use of extension cords are kept to a minimum, and worn or frayed ones are disposed.
- All light fixtures have a bulb of the proper wattage and size in them.
- The proper size fuse is used in all circuits.

## **If a space heater must be used:**

- it is never left unattended and is inaccessible to a child
- it is always 36 inches away from flammable items such as carpets, curtains, papers and furniture
- it is properly grounded and stable
- it is used according to manufacturer's instructions.

# Indoor Play Areas



Yes No

- Toys are appropriate for children's ages and stages of development. Find more information on this subject at [www.cpsc.gov](http://www.cpsc.gov).

# Indoor Play Areas, continued

Yes No

- Toys are regularly inspected for safety and broken ones are discarded.
- Toys are free of sharp or pointed edges, and small parts.
- The toy chest is lid free.
- Children are not allowed to play with latex balloons, long strings/cords or any sharp, pointed objects.

## Outdoor Play Areas



Yes No

- Children's outdoor play is always supervised.
- The play area is fenced and separated from streets and automobiles.
- Children are never allowed in the yard when power lawn equipment is in use.

### **Playground equipment is:**

- anchored securely
- free of projections, sharp edges, loose parts, hard swings and entrapment hazards
- at least 6 feet from fences or other structures
- surrounded by soft landing materials like mulch, wood chips, pea gravel or a rubber safety surface.

### **If there is a swimming pool:**

- it is surrounded by a five-foot-high fence on all four sides
- it's gates are self-closing and self-latching
- children are never left unattended around the pool.

# Outdoor Play Areas,

continued

Yes No

- A CPSC (or ANSI, ASTM or SNELL) approved safety helmet is always worn when riding bikes, scooters, inline skating or roller-skating.
- The play area is routinely checked for poisonous plants, berries and dangerous litter (glass etc.).

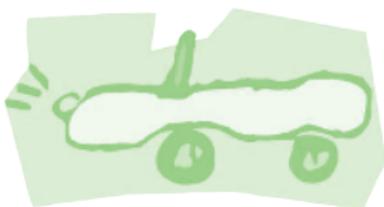
## Basements/ Garages



Yes No

- Automatic garage doors have a safety mechanism that ensures the garage door will reopen if an object crosses under the door.
- Keys are removed from cars and car doors are locked when not in use.
- Child-proof latches or locks control child access to the basement and garage.
- Power tools are unplugged when not in use.
- Flammable liquids (gasoline, cleaning solvents, etc.) are stored in locked cabinets, in their original containers, tightly capped and away from the hot water heater and furnace.
- Unused appliances are stored with doors removed (to prevent suffocation).

## The Car



Yes No

- All passengers are correctly buckled up in car seats or seat belts on every ride.
- Children 12 years and younger never ride in the front seat.

# About Children's Mercy

Since our founding in 1897, parents have relied on Children's Mercy for leadership in pediatric health care, wellness and prevention. That's because from the beginning, kids have been what we're all about. Everything we do is designed to help your child get well and stay well.

Only at Children's Mercy will you find pediatric specialists, nurses and technicians who are all dedicated specifically to caring for kids. It's not just what they do; it's what they want to do.

With our medical staff representing more than 40 pediatric subspecialties, cutting edge pediatric research programs, state of the art facilities, extensive outreach services and pediatric trauma services, nobody in the region can match our pediatric expertise.

If you would like more information about Children's Mercy, contact Communications and Marketing at (816) 346-1370.

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## **Children's Mercy Northland**

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