

General Home Safety

Check off what you are already doing, circle what you would like to try

Prevent burns

- Set hot water tank temperature to 49°C/120°F
- Put screen in front of fireplace/gas fireplace

Prevent choking/suffocation

- Do not give nuts, hot dogs, whole grapes, hard candy, gum, raisins, etc. to a young child
- Cut blind and curtain cords short and place them out of child's reach
- Keep plastic bags out of reach, or tie them in knots
- Throw out corners cut off milk bags

Prevent falls

- Keep furniture away from windows
- Anchor furniture to wall (e.g. bedroom drawers, bookcase, TV)
- Do not allow climbing on tables, counters, etc.
- Keep windows and doors locked
- Use window guards to prevent windows from opening more than 10 cm (four inches)
- Keep doors, stairs and floor clear of toys, clothes, shoes
- Wall mount safety gates at top and bottom of stairs

Prevent fire

- Have smoke and carbon monoxide detectors on every level of your home
- Test detectors regularly and replace batteries every six months (e.g. when day light savings time begins and ends)
- Keep burning candles away from children, pets, furniture and curtains
- Lock matches and lighters out of child's reach

Prevent poisoning

- Label house plants and keep them out of reach
- Lock chemicals and cleaning products out of child's reach. Choose friendlier cleaning products like vinegar or baking soda
- In older homes, check for lead paint and asbestos

Prevent shocks

- Put plug covers in electrical outlets (double covers at least 3/16 inch thick work best)
- Keep electrical cords out of sight, behind furniture

This pamphlet gives you a place to start, but you can do more to make your home safer!



Be prepared

Keep emergency numbers by your phone, including:

- "911"
- Poison Control: 1-800-268-9017
- Your doctor's phone number

Get a first aid kit, know where it is and how to use it.

Take a first aid and/or CPR course.



For more information contact:

North Bay Parry Sound District Health Unit

Toll-free: 1-800-563-2808
North Bay Office: 705-474-1400
Parry Sound Office: 705-746-5801
www.healthunit.biz

Canadian Partnership for Children's Health and Environment

www.healthyenvironmentforkids.ca

For product recalls, including toys: Health Canada

www.healthcanada.gc.ca/cps-recalls

Infant and Toddler Safety Association

1-888-570-0181

Safe Kids Canada

www.safekidscanada.ca

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Is your home safe for young children?



You can help prevent injuries in your home

Check off what you are already doing, circle what you would like to try.

Where do you start?

1. Get on your hands and knees. See what may put your child in danger
2. Know what your child can do and what they may be doing next (e.g. rolling, standing, walking, climbing, running)
3. Stay close by and watch your child to help prevent injuries

Any change can make your home a safer place.

Bathroom Safety

Prevent burns and cuts

- Lock curling irons and razors out of reach
- Test the water temperature with your elbow before putting child in bathtub
- Turn off the hot water tap first and the cold water tap last

Prevent falls

- Wipe up spills
- Use a non-slip rug on floor
- Put a non-slip bathtub mat in the bathtub

Prevent drowning

- Keep bathroom door closed
- Keep the lid on toilet seat down
- Stay with a young child while in the bathtub or bathroom
- Empty water from bathtub after bath

Prevent poisoning

- Ensure medications have child safe lids

Bedroom Safety

Crib safety

- Make sure crib meets safety standards and is in good condition

Prevent falls

- Keep hand on child and use safety strap when using diaper change table
- Keep diaper change items within reach
- Stop using crib if child can climb out
- Child under six years not allowed on top bunk of bunk bed

Prevent choking/suffocation

- Do not use heavy blankets, quilts, pillows, stuffed animals or bumper pads in crib
- Keep infants off adult beds, including waterbeds
- Do not give a pillow to a child under two years
- Do not prop up bottle for infant

Kitchen Safety

Prevent burns

- Keep kettles, hot foods and liquids at the back of the counter
- Cook on back burners of the stove, and turn handles inward
- Do not open the oven door if child is close by
- Stir food/liquid heated in microwave first, then test temperature
- Don't hold child when cooking, or when eating or drinking hot foods or liquids
- Cool food before feeding your child

Prevent cuts and bruises

- Lock cupboards and drawers that contain sharp, heavy or dangerous items
- Place heavy items (e.g. pots) at the bottom of the cupboard
- Dry and put away knives and glassware

Prevent poisoning

- Load and unload dishwasher when children are not around

Play Safety

Prevent animal bites

- Don't leave children alone with pets

Prevent choking/suffocation

- Keep small items out of reach (balloons, beads, coins etc.)
- Use toys appropriate for the child's age
- Check toys for removable, loose or broken parts (e.g. wheels, squeakers, magnets or long strings). Put away, repair or throw toy out
- Use a toy box with no lid, or with non-locking lid and air holes

Prevent poisoning

- Use non-toxic crayons, paints, markers, and water based glue
- Avoid soft plastic and vinyl toys. Look for PVC and phthalate-free toys

