

HOME SAFETY *Checklist*

KITCHEN

- Use the stove's back burners, and turn pot handles toward the back.
- Use knob covers or a stove shield to keep children from turning the oven on.
- Put scissors, knives and other sharp objects in latched or high cabinets.
- Keep hot foods, liquids and appliances out of reach.
- Keep chairs and step stools away from counters and the stove.
- Make sure heavy appliances (stove, refrigerator, etc.) can't be pulled over.
- Keep a working fire extinguisher nearby. Make sure older children and adults know how and when to use it.
- Remove refrigerator magnets small enough to fit in a child's mouth.
- Keep children away from the front of the oven when it is on.
- Tumble dryer and washing machine doors are to be closed and switched off at the wall
- Chest freezers need to be kept locked and the keys out of reach.
- Don't leave plastic bags lying around.
- Don't leave cords hanging off counter tops i.e Kettle, iron or toasters.

LIVING ROOM/GENERAL

- Sharp corners on coffee tables need to be padded
- Use safety glazing on glass doors, tabletops and panels.
- Place self-latching doors or non-accordion gates at the top and bottom of stairs.
- Use window guards, stops or safety netting on windows, balconies, decks and landings.
- 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.
- Use cordless window coverings if possible. If not possible, cut window blind or drapery cords.
- Keep cords well out of the reach of children. Use doorknob covers on doors so toddlers can't enter unsafe rooms or leave the house alone.
- Keep cribs, playpens, beds, chairs and other furniture away from windows.
- Children that can reach the key can potentially lock themselves into certain rooms, remove keys.

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WATER AND BATH SAFETY

- Never leave a child alone in or near water, including in the bathtub.
- Never leave a baby or toddler in the bath alone, even if strapped in a bath chair.
- Place a non-skid mat or non-slip strips in the bathtub or shower.
- Keep the toilet lid closed, and use a lid lock.
- Empty buckets that have liquid in them.
- Have your child wear a life jacket on boats, on docks and around lakes, rivers and the ocean.
- Fence all four sides of a swimming pool, hot tub or spa.
- Make sure all pools, ponds and water features are netted before your child can crawl.
- Keep bathroom doors locked until the child is old enough to reach the key.
- Toilet brushes are a great source of bacteria, never allow your child to play near them.
- Check the water temperature with your wrist or elbow before giving your baby a bath.
- Never leave a running bath unattended – always cold first then hot.
- Don't allow your toddler to run around with a toothbrush in their mouth.

POISONS & HOUSEHOLD CLEANING PRODUCTS

- Store medicine, cleaning products, dishwasher soap, detergent pods, makeup, button batteries, nicotine vials and other unsafe products out of reach or in a locked cabinet.
- Store all household cleaning products and chemicals in their original containers, out of children's reach.
- Keep products in the bottles they came in.
- Buy products with child-resistant caps.
- Keep houseplants out of reach.
- Install a carbon monoxide detector on every level of your home, especially near all sleeping areas.
- Add the number for the Poison Center in your mobile phone: 0861 555 777.
- 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.
- Tool sheds need to be locked at all times.

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FIRE AND BURN SAFETY

- Install a smoke detector on each floor and outside each bedroom. Change the batteries twice a year.
- Make a fire escape plan. Practice it.
- Heaters and fireplaces need to be used with great caution as children.
- Place guards around heaters and fireplaces.
- Buy flame-resistant sleepwear for children.
- Keep matches and lighters out of reach.
- Make sure one window in each room is easy to use as a fire escape.
- Use "cool" night-lights. Keep them away from drapes and bedspreads.
- Keep hair dryers, curling irons and straighteners unplugged and stored out of reach.
- Never hold your child when you are drinking hot liquids or cooking on the stove.
- Keep cups and dishes with hot contents away from the edges of tables.
- Always store firearms unloaded, locked in a firearm safe and the ammunition stored and locked separately.

PREVENTING CHOKING

- Keep balloons and plastic bags away from children ages 3 or younger.
- Avoid smaller toys and toys with small parts for babies and young children. If an item can fit inside of a toilet paper tube, it is too small for them.
- Remove crib gyms and hanging toys from the crib when your baby can get up on their hands and knees.
- Don't serve these items to children less than 4 years of age: chunks of hard fruit or vegetables, grapes, hot dogs, sausages, popcorn, chunks of cheese or meat, round candies or nuts.
- Keep small objects out of children's reach and sight. Remove small items that are at your child's eye level.

*Add the emergency numbers on your phone and
print a copy to hang up in your home*

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CAR SAFETY

- Don't drive in or out of your driveway unless you can see your child.
- Make sure that your garage door or electric gates have sensors on them.
- Ensure you get a proper age appropriate car chair for your child, as well as any person that has the responsibility of transporting your child.

ELECTRICAL CORDS AND OUTLETS

- Put plastic plug covers in unused outlets.
- Protect outlets with ground fault circuit interrupters.
- Repair frayed cords and loose plugs.
- Keep cords and power strips out of reach.
- Cover plug holes with plug covers and tape all loose wired behind TV's, radios etc.

KNOW HOW TO DO CPR!

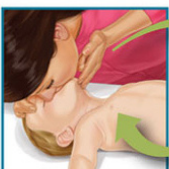


1. **HAZARD:** Water, Electricity, Traffic, Hi-jacking.
2. **HELLO:** Tap on shoulder and shout. Tap on foot for baby/or on shoulder for child.
3. **HELP:** Call the emergency number - or shout it to someone else to call (make sure you know the emergency number in your country)



Remember **CAB:** *Compressions, Airway, Breathing*

30 Compressions: Push hard and fast: At least 100 compressions/min. That is 30 pushes in approximately 18 seconds.



Airway: 1 hand on the forehead, two fingers under the chin to open the airway.

2 Breaths: Repeat sets of 30 compressions and 2 breaths.



If you are still alone:
5x sets, (or 2 minutes) of 30 compressions and 2 breaths,
phone emergency or changing resuscitators