

# **Home Safety Tips**

Everything you need to know to keep your kids safe in your home.

Every parent wants their children to grow up healthy and strong in the place where they deserve to feel safest: at home. The good news is that there are simple and easy steps that families can take to protect their children.

#### **Preventing Falls**

 Use approved safety gates at the tops and bottoms of stairs and attach them to the wall, if possible. Remember to read the manufacturer's instructions to make sure you have the right gate for your needs. Not all gates are safe for use at the top of stairs.



- Keep babies and young kids strapped in when using high chairs, swings or strollers. When placing your baby into a carrier, remember to place the carrier on the floor, not on top of tables or other furniture.
- Properly install window guards and stops to prevent window falls. Windows above the first floor should have an emergency release device in case of fire.

## **Water Safety**

- Actively supervise children in and around water. Avoid distractions of any kind, such as reading or talking on the phone.
- Once bath time is over, immediately drain the tub.
   Keep toilet lids closed and keep doors to bathrooms and laundry rooms closed to prevent drowning.
- Make sure home pools have four-sided fencing that's at least 4 feet high with self-closing, self-latching gates to prevent a child from wandering into the pool area unsupervised.
- Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach young children from an early age not to go near or in water without an adult. Older children should swim with a partner, every time.

#### **Poison Prevention**

- Store all household products and cleaning solutions out of children's sight and reach. Young kids are often eyelevel with items under the kitchen and bathroom sinks.
- Keep cleaning products in their original containers.
   Don't put a potentially poisonous product in something other than its original container (such as a plastic soda bottle) where it could be mistaken for something else.
- Put the toll-free Poison Help Number into your phone in case of emergency: 1-800-222-1222.

## **Safety from Fire**

- For the best protection, install smoke alarms on every level of your home, especially near sleeping areas. Test batteries every six months.
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  Create and practice a home fire escape plan with two ways out of every room. In the event of a fire, leave your home immediately. Once you're out of the house, stay out.
- Keep anything that can catch fire, such as dish towels or wooden spoons, away from your stovetop. Have a fire extinguisher in the kitchen in case of emergency, and make sure you know how it works.
- Blow candles out when you leave the room or before you go to sleep.

Every year, more than
2,200 children die from
injuries that
happen at
home.

