



# Injury Free Coalition for Kids<sup>®</sup> of Rochester

## Home Safety Checklist

### General information

- Use a crib that meets the current standards
- Create and practice an emergency exit plan to use in case of fire
- Install a carbon monoxide detector
- Have smoke detectors installed with working batteries on each level of your home
- Keep curtain cords and shade pulls out of children's reach
- Keep a list of emergency phone numbers, such as police, fire, doctor, and poison control easily accessible
- Call the Poison Control Center - (800) 222-1222 for all poison concerns

### Bedroom

- Keep space heaters away from curtains and flammable materials
- Cosmetics and perfumes should be stored out of reach
- Keep a lamp or light switch within reach of bed. Falls can happen easily in a dark room
- Children's beds should be away from all windows and all window cords put out of reach
- Babies should sleep alone on their backs, in a crib with no blankets, pillows, bumpers or toys.

### Bathroom

- Put a slip-resistant surface in your tub or shower
- Set the water heater thermostat to 120 degrees F or lower
- Medicines should be clearly labeled, in original container with childproof caps and stored out of reach
- Medicine cabinets should be checked regularly to discard expired or outdated medication
- Keep the toilet seat and lid down when not in use
- Put safety latches on all drawers or cabinets
- Hair dryers and other appliances must be stored away from sink, tub and toilet
- Medicines, cosmetics, sprays, cleaners, mouthwash, hair care products, etc., must be stored out of children's reach

## **Kitchen**

- Turn pot handles inward when cooking
- Store all food and household cleaners separately
- Knives and other sharp items should be kept out of children's reach
- Keep potholders, dishtowels and spice racks away from the stove so they won't catch fire
- Install child-resistant safety latches on all cabinets
- Matches and lighters must be kept out of children's reach

## **Living Area**

- Keep stairways clear and uncluttered
- Keep stairs and hallways well-lit
- Use skid-proof rugs and runners
- Install smoke detectors on each level with a working battery
- Cover unused electrical outlets with safety covers
- Make sure handrails or banisters by all steps and stairs are secure
- Keep poisonous plants out of children's reach
- Keep furniture secure so it is not easily tipped

## **Garage / Basement / Utility Room**

- Keep all hazardous, flammable products in a secured locked area or out of reach
- Keep all cleaning, paint, hazardous products in their original containers
- Large buckets are kept out of reach
- Recycling containers should be stored out of reach and garbage cans covered

## **Outside**

- Use appropriate gear for all for sporting activities (i.e. bike helmets)
- Make sure your child is in a properly fitted car seat for their age, height and weight
- Outdoor play equipment should have proper cover on the ground
- Frequently inspect the outdoor area for trash, debris or animal waste that could injure children