

Keeping Kids Safe AT HOME



According to the Centers for Disease Control and Prevention, *unintentional injuries are among the top 3 causes of death in children ages 0-14 in the United States.*

PREVENT UNINTENTIONAL INJURY WITH SIMPLE THINGS TO DO TODAY



Burns & Scalds

COOKING

- Keep a “kid-free” zone of at least 3 feet around the stove, oven, and other heat sources
- Never hold a child while you are cooking, drinking, or carrying hot foods/liquids
- Cook on back burners and turn pot handles toward the back of the stove
- Keep hot foods or liquids and cooking equipment away from table and counter edges

OTHER

- Replace matches and novelty lighters with child-resistant devices and store up high out of reach in a locked cabinet
- Set your water heater to 120 degrees Fahrenheit, or just below the medium setting



Falls & Furniture Tipovers

- Install baby gates at the top and bottom of stairs
- Do not rely on window screens to contain children; install window stops at less than 4 in. and move furniture away from windows
- Mount TVs and wall hangings out of reach
- Use furniture straps for all furniture that could be climbed (both heavy and light)

Drowning

- Avoid all distractions while supervising bath/pool activities, and empty the bath/pool right away
- Keep toilet lids and doors to bathroom/laundry rooms closed



Strangulation

- Move all cords out of reach (window, electrical, etc.)
- Remove necklaces, purses, scarves, or clothing with drawstrings when children are playing or sleeping
- Don't tie strings or ribbons to a pacifier or toy



Electric Shock

- Use outlet plug covers
- Plug appliances and space heaters directly into a wall outlet - do not use a power strip or extension cord
- Check cords often for fraying and cracks - replace as needed (do not try to repair them)

Poisoning

- Save the phone number for Poison Control in your phone and also post on the fridge: (800)222-1222
- Store medications and household cleaners up out of reach - above counter height
- Install cabinet and drawer locks in the kitchen, bathroom, and laundry room



Choking

- Discourage play while eating
- Keep objects smaller than your child's fist off of the floor and out of sight
- Cut food for toddlers into tiny pieces; avoid serving small, round, or hard foods such as hot dogs, cheese sticks or chunks, nuts, grapes, marshmallows, or popcorn until at least age 5
- Inspect toys/games that include magnets for missing or dislodged pieces - seek medical attention immediately if you suspect that a magnet has been swallowed



No amount of childproofing replaces ACTIVE ADULT SUPERVISION, but supervision alone does not prevent accidents.

Find more safety tips on the [Safe Kids](https://www.safekids.org) website!

