



Protect your child from unnecessary injury: Check your home for these safety hazards

Fire Safety and Burn Prevention

- Install electrical covers on unused outlets and tuck cords away. Keep appliances unplugged and away from water.
- Install a smoke alarm on the ceiling of every bedroom.
- Install a carbon monoxide detector on every level of your home. Test all detectors once each month.
- Turn your hot water heater down to 120 degrees to prevent scalding.
- Actively supervise cooking. Use the back burners of the stove and turn pot handles inward.
- Apply sunscreen with SPF 15 or higher every two hours, and use sunglasses.

Fall Prevention

- Always secure the safety belt when your child sits in a shopping cart.
- Use anchors and straps to secure heavy furniture to the wall and keep it from tipping.
- Install window guards to keep windows from opening more than 4 inches. Screens are not effective at keeping children inside!
- Until your child can maneuver chairs safely, install gates at the top and bottom of all staircases. Top-of-stair gates should be securely mounted to a wall or banister, not pressure-mounted.
- If your child is 35" tall and showing signs of climbing, it is time to move him/her out of the crib.

Water Safety

- Supervise within arm's reach whenever your child is in the water, including bath time.
- Teach your children to swim. Never allow them to dive in water less than 9 feet deep.
- When swimming or boating, always wear a life jacket, and ALWAYS SUPERVISE! Inflatable swimming aids are not a safe substitute.

Child Passenger Safety

- Oregon Law states that infants must ride rear-facing in an infant or convertible car seat until they are 1 year old AND 20 pounds.
- Children should ride rear facing in their child safety seat until they reach the upper height or weight limit of the seat. Children riding in a forward facing seat with a harness should remain in that seat until they reach the upper height and weight limits of the seat, before graduating to a booster seat.
- Children over 40 pounds OR who have reached the upper weight limit of their car seat's harness system, must use a booster seat until they are 4' 9" tall OR age 8.
- The back seat is the safest place for children under 12, and car seats should NEVER be installed in front of an active airbag.

For additional information or to have your child's car seat inspected, please contact the Tom Sargent Safety Center.

Outdoor and pedestrian safety

- At the playground, make sure your child is supervised and playing on equipment that is age-appropriate and in good repair.
- Teach and role-model crossing the street only at crosswalks and intersections, as well as obeying traffic signals and looking "left-right-left" before crossing.
- Review school bus safety, including crossing the street at least 10 feet in front of the bus and waiting on the sidewalk.
- When riding on anything with wheels, children under 16 should always wear a properly fitted helmet appropriate for that activity. It's the law!
- Children are more likely to wear their helmet if you role-model wearing a helmet yourself.
- Wear reflective clothing at night, and never play in the street.
- Don't use toys such as kites around power lines, and teach children to stay away from downed power lines. For information, contact Portland General Electric: www.pge.com.

Household Safety

- Post **911**, Poison Control **800-222-1222**, and emergency contact numbers near every phone.
- Lock all medicines (including vitamins and fluoride) and cleaning products in cabinets out of reach at all times.
- Inspect all toys to ensure they meet current safety standards and have not been recalled by the Consumer Product Safety Commission: www.cpsc.gov.
- Children cannot tell the difference between real and toy guns. Consider removing guns from your home. Guns should always be stored unloaded and locked, with ammunition locked away separately. Ask relatives, caregivers and neighbors whether there are guns in their home before allowing your child to visit without you.
- Provide a smoke-free environment for your child.

For more information and tips on making your home safer, stop by the Doernbecher Children's Safety Center.

Mon-Fri 10 a.m. - 4 p.m.

Childproofing products are on display and available for purchase.

Doernbecher Children's Safety Center

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