

Is your home “baby-proof?”

Safety checklist

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



Household safety

- Post **911**, Poison Control **800 222-1222** and emergency contact numbers near every phone and add them to your cell phone.
- Lock all medicines (including vitamins and fluoride) and cleaning products in cabinets out of reach at all times.
- Always use manufacturer’s guidelines when setting up new equipment. If using secondhand equipment, ensure it meets all current safety requirements and has not been recalled by the Consumer Product Safety Commission: www.cpsc.gov.
- Consider removing guns from your home. Guns should always be stored unloaded and locked, with ammunition locked away separately.
- Provide a smoke-free environment for your child.

Water safety

- Baby baths are not safety devices. Never leave a baby unattended in or near water.
- Install toilet lid locks or block access to the bathroom. Drain all standing water in tubs, sinks and buckets when not in use.
- When swimming or boating, always wear a life jacket, and always supervise children. Inflatable swimming aids are not a safe substitute.

Choking and suffocation prevention

- Infants should ALWAYS be put to sleep on their backs on a firm mattress.
- Make sure a baby’s sleeping space is free of blankets, pillows, toys and other hazards.
- Keep all window blind cords out of reach.
- Keep all choking hazards out of reach, including uninflated balloons, coins, plastic bags and small toys intended for older children.
- Supervise children closely during meals and cut all food into pieces smaller than 1/2 inch.

Fall prevention

- Avoid placing bouncy chairs and car seats on furniture, counters or shopping carts. When using the seat of a shopping cart, fasten the seat belt securely.
- Your baby may learn to roll without warning — always keep baby within reach when he or she is on a changing table, bed, couch or other high furniture.
- Baby-walkers are no longer recommended due to fall hazard and reachability of dangerous objects. Use stationary activity centers as a safer alternative.
- Use anchors and straps to secure heavy furniture to the wall and keep it from tipping.
- Use corner cushions or table bumpers to cover sharp edges on furniture.
- Install window stops to keep windows from opening more than four inches.
- Block access to stairs by installing gates at the top and bottom. Top-of-stair gates should be securely mounted to a wall or banister, not pressure-mounted.

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.
- Babies under six months old should not be in direct sun for prolonged periods. When outside, dress babies in light clothing with hats that shade their faces and necks. If sun is unavoidable, use sunscreen (SPF 15 or higher) and re-apply every two hours.

(Continued on back)

Ride Safer

Three out of four car seats are used incorrectly: Help protect your baby



Child Passenger Safety

- The American Academy of Pediatrics (AAP) along with Doernbecher Children's Hospital recommends keeping children in rear-facing car seats until age 2 or until they reach the maximum height and weight for their seat. Refer to your car seat owner's manual and vehicle manual to achieve correct positioning of your child in his car seat and for installation of the seat into the car. Never put a rear-facing car seat in front of an active frontal air bag.
- Oregon Law states children under 40 pounds must ride in a car seat with a five-point harness. 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". Note: Children should be developmentally ready and understand how to sit properly when being transitioned to a booster seat. (Approximately 5 years old)
- The back seat is the safest place for children under 13. Even with advanced air bags, children can be killed or seriously injured by the air bag.
- Call the Doernbecher Tom Sargent Safety Center to schedule an appointment for a free car seat check, or check our website to find a local car seat check-up event in your area. Call **503 494-3735** or visit <http://www.ohsu.edu/childsafety> for more information.
- Oregon Law states parents or caregivers may not smoke in motor vehicles with children present. For more info on Oregon law visit: <http://www.oregon.gov/ODOT/TS/pages/safetybelts.aspx>

For more information and tips on making your home safer, stop by the Doernbecher Tom Sargent Safety Center.

Mon.-Fri. 9:30 a.m. - 3:30 p.m.

Low-cost home safety products and sport helmets are on display and available for purchase.

Doernbecher Tom Sargent Safety Center

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