

Is your home “child-proof?”

Safety checklist

Protect your child 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.
- 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.

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 children. Inflatable swimming aids are not a safe substitute.

Fall prevention

- Until your child can maneuver stairs 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.
- Use anchors and straps to secure heavy furniture to the wall and keep it from tipping.
- Install window stops to keep windows from opening more than four inches. Screens are not effective at keeping children inside!
- If your child is 35" tall and showing signs of climbing, it is time to move him/her out of the crib.
- Always secure the safety belt when your child sits in a shopping cart.

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.

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 more information, contact Portland General Electric: www.pge.com.

(Continued on back)

Ride Safer

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



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 your 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 **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

OHSU Doernbecher Children's Hospital Lobby
700 S.W. Campus Drive
Portland, OR 97239

503 418-5666

safety@ohsu.edu

www.ohsu.edu/childsafety



**DOERNBECHER
CHILDREN'S HOSPITAL**
Oregon Health & Science University