

Home Safety Checklist for Families with Young Children



Most injuries to young children happen in their own homes. The major causes of injury to children in the home are falling, poisoning, scalding, suffocation, choking and drowning. Many of these injuries are predictable and can be prevented by planning ahead and always thinking "safety first". Remember, the best safety device is supervision! **NEVER let your child explore or play out of sight.**

This checklist will help you to identify some of the important things you can do to childproof your home. Take the checklist and go through each room in your home every few months as your child grows and develops.

Throughout the house...

- remove the wheels from furniture
- pad or remove the furniture with sharp corners or use corner guards
- place safety covers on all electrical outlets
- make sure all floor-mounted hot air registers are securely fastened
- fasten all cords out of reach (*drapery, electrical, telephone, blinds, computer, etc.*)
- check all electrical cords for fraying and cracking
- place all plants out of reach and remove poisonous plants
- ensure that upper story windows are secure and protected
- secure bookcases and tall furniture to the walls with brackets
- remove all objects which contain lead paint
- remove or secure all bi-fold doors
- place cigarettes, lighters and ashtrays out of reach
- place carbon monoxide and smoke detectors near bedrooms
- provide night lights in hallways
- make sure pathways are clear of clutter
- put decals on glass doors so that no one walks into them
- install a safety gate at the top of stairways that bolts into the wall on both sides (*a pressure gate can be used at the bottom of the stairs*)



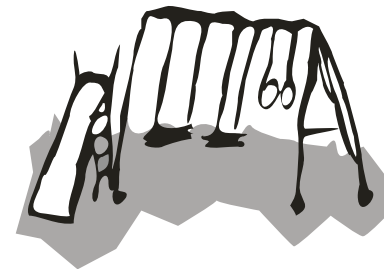
Garage/Basement

- laundry rooms, workshops, attics, and garages should be locked with a deadbolt at five feet or higher
- store all woodworking, hobby, gardening tools and supplies out of reach
- store all power tools unplugged, with bits and blades removed
- secure the ironing board and iron so that they won't fall down
- place the kitty litter box out of reach
- place wall-mounted garage door openers out of reach
- lock away guns and ammunition in a regulation gun cabinet with two separate, locked compartments; it is best to keep guns out of the house
- store lawnmowers and snowblowers out of reach
- securely lock or remove the door from an unused fridge, dryer, or freezer
- keep motor vehicles locked at all times
- keep garage doors and side doors locked
- ensure stairways are clear from clutter
- keep basement doors closed or locked



Yard...

- routinely check for and remove glass, metal, sharp sticks, insects or animal nests and collections of water
- remove animal feces, toadstools, and mushrooms
- cover the sandbox when not in use
- place potentially poisonous plants away from the play area
- ensure children are supervised when playing outdoors
- supervise any child playing with pets/animals
- ensure swing sets and play equipment are safe, in good condition and not placed on a hard surface
- ensure pool gates are locked
- empty water from kiddie pools after each use
- pools should be surrounded by a four-sided 5 ft. fence



**For more information on Home Safety, please call:
Health Connection 705-721-7520
or 1-877-721-7520**



Adapted from The Regional Niagara Public Health Department booklet "Safe at Home - Childproof your Home, A Home Safety Checklist".
Revised September 2011 by the Injury Prevention Program.



Safety Tips

Lists are available for names of poisonous plants.
Poison Information Centre...1-800-268-9017 or <http://digir.agr.jc.ca/pls/pp/poison>

Kitchen

- install safety latches on all cupboards and drawers
- place all sharp objects out of reach or lock away
- store pots and pans with the heaviest items on the bottom shelf
- keep children away from hot oven doors and stove elements
- store plastic bags, clear plastic wrap, and packages with serrated edges out of reach
- put tablecloths away and use place mats instead
- place harmful items in upper cupboards out of child's reach
- when child is old enough, review the poisonous labels
- keep pet food dishes out of the children's play area
- place cooking pots and pans on the back burners and keep handles turned in
- stir and test foods and beverages warmed in the microwave before giving them to children
- select a high chair with a stable base and a safety belt
- mount a fire extinguisher near kitchen exit, away from the stove
- never store household cleaning products and other harmful items in low cabinets
- place garbage cans out of reach and use locking lids
- post a list of important phone numbers by the phone and on the fridge



Living Areas

- fasten reclining chairs so that the footrest cannot be raised
- remove or secure furniture that may fall over (bookcases)
- remove heavy or breakable objects from tables
- remove standing lamps or put them behind furniture
- arrange shelving with the heaviest items on the bottom (toys, books)
- store newspapers out of reach as some ink is toxic
- block access to wood burning stoves and fireplaces
- store all fireplace utensils out of reach
- secure tv's, pictures, and mirrors to the walls
- ensure railings are secure



Safety Tips

Make a low cupboard a child's place to explore; fill it with safe kitchen utensils and plastic bowls.

Create a safe zone around the stove by marking an area off with masking tape. Teach older children to stay out of this area. Use a safety gate to block the area for younger children.

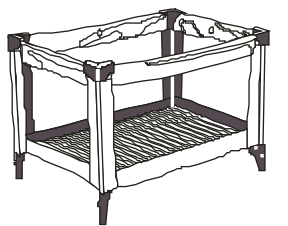
Bathrooms

- LOCK UP ALL MEDICATIONS, vitamins and household cleaners and keep them out of reach
- place sharp objects such as nail files, scissors, razors, etc. out of reach
- store electrical items out of reach
- use a non-skid rug on the floor
- place slip resistant decals on the floor of the tub
- ensure that the thermostat on the hot water tank is turned down below 120°F (49°C)
- test bath water before bathing your child
- ensure that towel bars are anchored firmly to the walls
- use only plastic bathroom accessories
- do not use toilet bowl disinfectants that stay in the tank and release chemicals with every flush
- keep the lid of the toilet closed
- clean out the medicine cabinet every few months, and return expired or unused medication to your pharmacist
- keep bathroom door closed when not in use



Bedrooms

- bumper pads should never be used
- place mobiles out of reach
- place diaper pail and changing supplies out of reach; use locking lids
- only use nursery furniture which meets government standards (e.g. cribs)
- place the crib, bed, or playpen well away from other furniture, windows and doors
- babies should always be supervised with toys
- window blind cords can strangle children... ensure they are secured and out of reach
- place wall mounted objects well away from crib or bed
- keep all four sides up on playpens and portable cribs
- use only an enclosed nightlight, or install a dimmer switch
- never put a pillow in the crib
- a toy chest should have a lightweight lid with air holes or no lid at all
- do not erect a top bunk bed until the youngest child is 6 years old
- do not let a child under the age of 2 sleep on a waterbed
- buy only non-flammable sleepwear



Health Canada - Consumer Product Safety 1-866-662-0666
www.hc-sc.gc.ca/cps-spc/child-enfant/index_e.html