

- Electric cords are out of children's reach
- Safety gates are placed at the top and bottom of all stairways – these must be anchored to the wall, not pressure mounted
- Accordion-style gates should never be used
- Loose carpeting is removed and broken or uneven steps are fixed
- Space heaters or hot humidifiers are not used around children
- A baby walker is not used
- Window guards are installed
- All cords are out of reach (blinds, curtains, telephone, and computer)
- Bookcases and heavy furniture are secured to the wall
- Pathways, hallways and stairs are clear of objects and well lit
- Poisonous plants are out of reach or not kept in the house
- Loose coins are kept out of reach
- Children are always supervised around pets
- Children are kept away from pet food and water dishes
- Screens or safety rails are placed in front of fireplaces, wood-burning stoves and heaters
- Children are closely supervised when visiting other homes
- Home safety rules are reviewed with children and other family members

Make your home a safe place to live and play.

For more information call
 York Region *Health Connection*
1-800-361-5653
www.york.ca/injuryprevention

Additional Resources:

Safe Kids Canada **1-888-723-3847**
 Poison Control **1-800-268-9017**

Sources:
 Safe Kids Canada (2006)
 Health Canada (Is Your Child Safe, 2006).

**AN OUNCE OF
 prevention
 GOES A LONG WAY**

Keeping Your Home Safe

A Checklist 

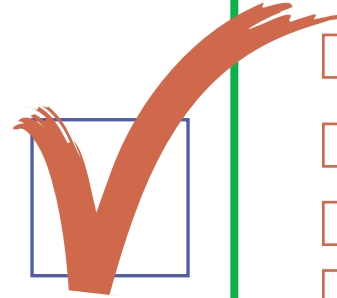


Home Safety Checklist

Actively supervising your children is the most effective way to prevent an injury.

Often an injury occurs when a child has learned a new developmental skill. Always plan ahead and learn about your child's developmental stages.

Use this checklist to help make your children's environment safer.



Kitchen:

- All sharp objects are kept out of reach and locked up
- All hot foods and drinks are kept out of reach
- Pot handles are turned inward and back burners are used
- Electric appliances are out of reach, unplugged and away from water
- Food temperature should always be tested before serving
- Microwaved foods and drinks should always be mixed well after heating
- Avoid using foods that can cause choking and cut food into small pieces
- Garbage and plastic bags are kept out of reach or disposed of
- A working fire extinguisher is available and accessible
- Children are not left unattended in a high chair and safety straps are used

Bathroom:

- Children are always supervised in the bathroom
- A non-skid mat is used in the bathtub
- The temperature of water is always checked with your wrist or elbow before giving your child a bath
- Medications, mouthwash and perfumes are out of reach and locked up
- Soaps, shampoo, toothpaste and cosmetics are kept out of reach
- Do not use a baby bath seat

Bedrooms and Playrooms:

- Crib meets current safety standards and was built after September 1986
- Infants are put to sleep on their back
- Crib or bed is not placed near windows, curtains, or blind cords
- Infant is never left unattended on a raised surface (change table, couch, bed, etc.)

- Bedroom doors have no locks
- Children under six years of age do not sleep on the top bunk bed
- The toy chest has a lightweight lid, safe-closing mechanism or no lid
- Toys and equipment are age-appropriate for children and meet recommended guidelines
- Small toy pieces are out of reach
- Sharp furniture corners or edges are padded or removed from room
- Batteries are stored safely (Button batteries are poisonous)

Basements and Garages:

- Children are not left unattended in the garage
- The basement door is locked at all times
- Flammable liquids (including cleaning solvents) are stored outside of the house and are away from the furnace, hot water heater and other ignition sources
- Dangerous tools are always kept out of reach

General Areas:

- Emergency numbers are posted by the phone
- There is a working smoke detector, checked and cleaned regularly (batteries changed fall and spring) on each floor
- There is a working carbon monoxide detector in the home
- Fire escape routes have been planned and reviewed by the family
- Outlets are covered with safety devices where necessary