



Katie's Foundation for Child Safety

Child Safety Tips

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- All freestanding furniture, regardless of height, can tip and fall on a child. No matter what size, price or quality you must properly anchor furniture to a wall. All anchors should be installed in a stud.

Old furniture should be tested for lead paint.

- Let's look at windows. We love to look out windows but they can pose a danger to children. In the United States, about 12 children 10 years old and younger die each year, and more than 4,000 are treated in hospital emergency rooms for window fall-related injuries.

Never depend on screens to keep children from falling out of windows. Whenever possible, open windows from the top not the bottom.

Use window guards to prevent a child from falling out window. Make sure window locks are present and working. Try to keep furniture away from windows, so that your children aren't tempted to climb on them.

- Your baby's bed is a place where safety is very important. Let's look at crib safety.

Crib slats should not be more than 2 3/8 inches apart. Use an adjustable crib mattress that can be lowered as children can stand. Firm mattresses are recommended so a child cannot get their face trapped between the mattress and the crib. Soft bedding materials such as pillows and comforters and other objects should not be used in the crib. Remove crib bumpers when children can pull themselves up in the crib.

Although it is not recommended, if you are using a previously used crib, please check to make sure it has not been recalled.

- More than 19,000 children were treated in hospital emergency rooms for choking related episodes in 2005. Check all objects for choking hazard.

The most common choking hazard comes from food; hot dogs, peanuts, grapes, popcorn and similar sized food items. Never let children eat alone. Children can and do also choke on non-food items. If things can fit into a toilet paper core then a child can choke on it. Check all toys for proper age and choking hazards. Latex balloons can also pose a choking danger. Keep plastic bags locked and away from children.

- Electrical outlets can be tempting for a curious child. Electrical outlets should have protective covers to prevent children from inserting objects into outlets. Electric cords plugged into outlets should have protective covers over them. Use GFIC (Ground Fault Intercept Circuits) in all outlets in bathrooms and kitchens.
- Blind and curtain cords need to be shortened so they can not be reached when open. This removes the temptation for children to try and hang from them. Place your child's crib and bed away from window blinds. Consider purchasing window cord wind ups, they store excess cord out of your child's reach.
- Locks are always important. Doors with locks **MUST** have key nearby or install a door handle without a lock. Use toilet locks to prevent small children from falling in the toilet and drowning. Put locks on knife drawers. What else needs locks? Drawers, cabinets, refrigerator doors, freezer doors, ovens and windows.
- Each year, approximately 3,800 injuries and 34 deaths occur due to scalding from excessively hot tap water. The majority of these accidents involve the elderly and children under the age of five.

The [U.S. Consumer Product Safety Commission \(CPSC\)](#) urges all users to lower their water heaters to 120 degrees Fahrenheit.

Consider installing hot water controls, anti scalding devices on tubs, showers and sinks.

Or you can lower the temperature on your hot water heater if anti-scalding devices are not in place.

- Always keep the phone number to the [Poison Control Center](#) by your phone.

The national number is: **1.800.222.1222**

- Protect your children by keeping these poisons out of reach in locked cabinets: rodent poison, laundry detergent, all chemicals, medicines, cleaners, gas, and paint, etc.

If you use Tiki torch oils be sure to keep the bottle locked away, the bottles and color of the oil often resembles apple juice.

Check the type of plants that are in the house to ensure they are not poisonous if eaten.

- Kids need to be safe while playing and having fun outside. Ensure that children have proper helmets, wrist guards, knee and elbow pads when enjoying the fun of bikes, skate boards, scooters, and roller blades.
- Household appliances can pose many risks to children.

Never let children plug in appliances or turn appliances on or off. Never leave hot irons unattended. Irons should never be left on the ironing board, even if they are cool. Children should not have access to the washer and dryer, they could get locked inside. Keep children away from hot blow dryers, flat irons, curling irons etc. Never let children play with or use toasters, heaters etc. Keep TV's pushed as far back on the stand/cabinet as possible. Flat screen televisions should be properly secured to a stud in the wall. If using an older tube-style TV place the TV on the floor.

- Pools and hot tubs can provide hours of fun and exercise, know how to keep kids safe in them. Check the [Pool Safely site](#) for more info.

Keep pools/hot tub gates locked. Pools/hot tubs need to be covered with proper protective covers. Never leave children alone in or near any size pool or hot tub. Use proper life vest/floating for children in pools and hot tubs. Keep pool ladders locked or raised when not in use.

- Consider purchasing pool water movement alarms (see local pool store).
- Kids love their clothes, make sure they are safe.

Make sure sleepwear and blankets are flame retardant.

Did you know drawstrings on hoodies, sweatshirts and coats can strangle a child on the playground by getting caught on the play equipment? Cut all drawstrings off clothing.

- Keep your child safe around your oven.

Never leave hot ovens or stove tops unattended. Pot handles should always be facing in so children cannot pull them down.

Install anti-tipping devices on stoves/ovens.

- Remember children don't understand danger, they are curious and fast.

Never let children play or use lights, matches etc.

- Ensure babysitters know and understand dangers to children. Ensure babysitters know CPR and what to do in case of an emergency. Keep a list of emergency phone numbers by the phone.
- Learn CPR and Basic First Aid. Contact your local [American Red Cross office](#) or local hospital for classes.

- Fireplaces are beautiful to look at and help keep the house warm.

Remember never leave children alone by a hot fireplace. Have safety screens to prevent small children from touching the hot glass doors or fire. Keep fireplace tools out of reach of children.

- Motor vehicle injuries are the leading cause of death among children in the U.S. But many of these deaths can be prevented.

Use proper child safety seats. No children under 12 years old and 100 lbs in front seat. Never put a child safety seat in front seat. Air bags hitting the car seat can seriously injure children. Never leave children alone in the car. Always have children in car seats or seat belts. For children less than 16 years, riding in the back seat is associated with a 40% reduction in the risk of serious injury.

Before backing up a car or moving a car in a driveway WALK around and check the location for children and their toys. Children cannot be seen in rear-view mirrors.

- If you choose to have a firearm in your home please make sure you follow all safety precautions.

Firearms: Use trigger locks or other proper locking devices to prevent children from being able to operate them.

Keep all firearms locked away out of the reach of all children.

Firearms should always be stored separate from ammunition.

- Hunting and fishing can be a fun activity for some families. Keep kids safe around the equipment.

Hunting knives should be stored out of reach of children.

Fishing hooks and knives should also be stored out of reach of children.

- Buckets: can be used to climb and if children fall into buckets they might not be able to get themselves out. It only takes approximately 2 inches of water to cause a child to drown.

- Smoke detectors must be present and working.

Have regular home fire drills.

Carbon monoxide detectors must be present and working.

- Never let children into unfinished attics. Children can step off of the floored areas and fall through the ceilings. Roofing nails protrude through the roof sheathing and can cause puncture wounds to the head.

- A toy chest should have a safety latch to keep the lid from falling on children.

Ensure that older children's toys are not accessible to smaller children.

- High chairs must have proper straps so children do not slip down and get their necks caught on the lower strap. Never leave children alone in a high chair.

- Corner guards on all tables.

Glass inserts on tables should be tempered glass.

Objects on table tops can be pulled down by children.

- Railings must be properly secured. Balusters on railings should not be more than 4-5 inches apart.

Use baluster netting to prevent small children from fitting between the balusters.

- No objects on steps and stair guards (baby gates) to prevent access to steps.
- Changing tables should have guard rails and safety straps for securing infants in place.
- Baby oils, powders?
- Up to date safe furniture (no recalls, yards sales etc.).
- Knives and sharp objects ALWAYS pointing down in the dishwasher.
- Keep all power tools out of reach.

Make sure all power tools have safety keys.

Cutting tools out of reach of children.

- Electric garage door openers should have emergency reversing systems. Keep garages locked so children cannot wonder in unattended.
- Phone cords should be shortened so children do not try and hang from them.
- Never leave children unattended in highchairs, swings, playpen, play yard, etc.

Ensure that children cannot get behind radiators.

Never leave ladders unattended around children.

- Door Alarms.

- Never leave children alone in the tub, not even to answer the phone.

Never leave children in tub rings devices alone in the tub.

Use tub spout covers and tub slip mats. Use a bathroom floor mat to prevent slipping on wet floors. ALWAYS test bath water first with wrists or elbow in several areas. Water temperatures are different throughout the house.

- Safety in your whole house (coming soon)
- Safety in your car (coming soon)
- Safety in your garage and attic (coming soon)
- Safety around pools and hot tubs (coming soon)
- Safety around firearms and hunting equipment (coming soon)
- Safety in your playroom (coming soon)
- Safety in your laundry and utility rooms (coming soon)
- Safety in your dining room (coming soon)
- Safety in your living room (coming soon)
- Safety in your hallways, railings and stairs (coming soon)
- Safety in your kitchen (coming soon)
- Safety in your bathrooms (coming soon)
- Safety in the children's bedrooms (coming soon)
- Safety in your bedrooms (coming soon)

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