

Home Safety Checklist for Families with Young Children

This safety checklist is designed to help you protect your children - and everyone else in the family - from unintentional injuries. It is designed to be an easy, room-by-room survey that will quickly point out possible dangers. When you find a hazardous situation, change it - now!

Of course, no checklist will identify all the possible dangers, so use this process to look for other hazards. After you have read through the listed items for a room, take a few minutes to look at the room from the viewpoint of a child.

- Get down at toddler level and survey the room.
- Remember that anything that fits in a child's mouth will probably be put in.
- Look for climbing opportunities and things that can be pulled down from above.
- Watch for sharp corners, protrusions, and objects a child might fall upon.
- And keep in mind whatever special talents your children have shown - from prying off air vent covers to spotting loose carpet tacks.
- If you answer "no" to any item in the following checklist, you have found a dangerous situation that you should change.

Kitchen

- Are there safety latches on cabinet doors?
- Are cleaning supplies stored:
 - ___ separately from foods?
 - ___ in locked cabinets out reach of your child?
 - ___ in their original containers?
- Are vitamins and medicine out of your child's reach?
- Are food treats and other attractive items stored away from the stove?
- Are these dangerous objects out of reach:

- ___ knives and other sharp objects?
- ___ hot food, beverages, and glassware?
- ___ serrated boxes of plastic wrap, aluminum foil and plastic bags?

- Is the tablecloth folded or secured so that it can't be pulled down?
- Do you keep hot food and beverages out of the hands of adults who are holding children?
- Do you keep pot handles turned away from the stove so children can't reach them?
- Do you test the temperature of foods (especially microwaved foods) before serving them to your child?
- Do you keep your child in a safe place while cooking?
- Do you keep toys and play activities out of the kitchen?
- Does your child's high chair have a wide base, a harness and a safety strap?
- Do you avoid serving your child peanuts, grapes, hot dogs, popcorn, and carrots?
- Are matches and lighters kept out of your child's reach?

Bathroom

- Is the Poison Control # (1-800-222-1222) posted in your home?
- Are medicines and cleaning supplies stored:
 - ___ in a locked cabinet?
 - ___ out of your child's reach?
 - ___ in clearly marked and original containers?
 - ___ in containers with child-resistant caps?
- Are razors, scissors, and other sharp utensils stored out of your child's reach?

- Are electric appliances:
 - ___ unplugged when not in use?
 - ___ positioned away from all water?
 - ___ out of your child's reach?
- Do you keep the bathroom door locked?
- Is your child always watched while in the bathtub?
- Is there a nonskid mat in the bathtub?
- Is your water heater turned down to 120 degrees Fahrenheit?
- Do you check the temperature of the water in the tub before you put your child into it?

Your Child's Bedroom

- Does your child's crib have:
 - ___ slats that are no more than 2-3/8 inches (6 cm.) apart?
 - ___ a mattress that fits snugly against the frame (no more than two finger-widths between slats and mattress)?
 - ___ sides that are 22 inches (56 cm.) above the mattress?
 - ___ secure, child-proof side locks?
- Have you made sure that the crib has:
 - ___ no sharp corners or edges and no projections, such as posts?
 - ___ no broken, cracked, or loose parts?
 - ___ no loose plastic sheeting?
 - ___ no cords or drapery in the crib?
 - ___ no low cradle gyms or mobiles that the child can use to crawl out?
 - ___ no objects that could help your child climb out, such as a hamper, pillows, or stuffed animals, which should be removed once the child can stand?

- Have you placed the crib at least one foot from furniture, radiators, heating vents, and windows?

Toddler Bed

- Is your toddler older than 15 months and weigh less than 50 pounds?
- Does the guardrail on your toddler bed meet minimum standards?

Play Areas

- Does the toy chest have no lid, a lightweight lid, or a safe-closing mechanism?
- Are the toys appropriate for your child? Are they:
 - ___ without small pieces that can break off to be choked on?
 - ___ without sharp corners or edges?
 - ___ without any joints that can pinch fingers?
 - ___ without any projections that could injure an eye?
 - ___ of appropriate size and weight for your child?
 - ___ painted with nontoxic paint?
- Do you routinely inspect and dispose of damaged or unsafe toys?
- Do you routinely clean and sanitize the toys?

Windows

- Do windows have screens and locks?
- Are drapery/blind cords secured and out of reach for children?

Stairs and Railings

- Are there safety gates (not the accordion type) at the top and bottom of all stairways?
- Is there firm footing on the stairs (no loose carpeting, uneven steps)?
- Are the stairs well lit?
- Are the protective walls and

railings on stairs, porches, and balconies sturdy and in good repair?

Electric Outlets and Fixtures

- Do all electrical switches and outlets have cover plates?
- Do all unused outlets have no-shock, child-proof covers?
- Are electric cords:
 - ___ out of your child's reach and out of traffic flow?
 - ___ neither frayed nor cracked?
 - ___ neither under rugs nor stapled to baseboards?
- Is the use of extension cords kept to a minimum, and are the unused outlets on the cord covered?
- Are space heaters:
 - ___ properly grounded and connected directly to an outlet?
 - ___ inaccessible to your child?
 - ___ at least 26 inches from curtains, towels, carpets, papers, and furniture?
 - ___ used according to manufacturer's instructions and local fire ordinances?

General Living Areas

- Are dangerous items out of reach:
 - ___ plants (poison danger)?
 - ___ cigarettes and butts?
 - ___ loose change (choking danger)?
 - ___ purse and pocketbook contents (poison and choking dangers)?
 - ___ balloons?
 - ___ matches and lighters?
- Are small rugs and runners tacked down or slip resistant?
- Are high-traffic areas well lit and free of obstructions?
- Have you checked to make sure there are no loose paint chips around the house?
- Are guns stored unloaded in locked cases and drawers, and

the ammunition stored separately?

- Is there at least one working smoke detector on each floor, and is there one in the hallway by the bedrooms?

- Are the smoke detectors checked and cleaned regularly?
- Are the batteries changed once each year?
- Do you have a home fire escape plan?
 - ___ Does it have two exit routes?
 - ___ Do you have a designated meeting place?
 - ___ Do you practice it in the dark, on your hands and knees?
 - ___ Do you turn on the smoke detector's alarm for your child to hear?
- Does your child know how to "stop, drop, and roll" to put out clothing that is on fire?
- Is there a working fire extinguisher to handle small fires, especially in the kitchen?
- Are there screens or safety rails on any fireplaces, wood-burning stoves, or heaters?
- Are emergency numbers posted by the phone:
 - ___ Family physician?
 - ___ Poison control center?
 - ___ Ambulance?
 - ___ Police?

Basements and Garages

- Do child-proof latches control access to the basement and garage?
- Are volatile liquids, such as cleaning solvents, tightly capped and away from the furnace, hot water heater, and other ignition sources?

Outdoor Play Areas

- Do you supervise your child's outdoor play?
- Does your child's play area:
 - have an impact-absorbent surface like pea gravel or wood chips?
 - have a fence around it?
- Do you regularly check the play area and remove poisonous plants and berries?
- Is the play equipment:
 - securely anchored?
 - at least six feet from fences or other structures?

- surrounded by a soft landing space?
- free of projections, sharp edges, loose parts, entrapment spaces, hard swings, and moving parts?
- Do swimming pools have:
 - fences on all four sides that are at least four feet high?
 - no openings, holes or gaps larger than four inches except for doors and gates?
 - gates or doors that are self latching or self-closing?

Add to this checklist any hazards you spotted that were not listed above.

Have you checked that all the used and hand-me-down baby equipment has not been recalled? Go to the Consumer Product Safety Website: www.cpsc.gov.

*Now you have a complete list of the dangers in your home.
Your next step should be to eliminate these dangers.*

HOME SAFETY CHECKLIST

for Families with Young Children

**SAFE
K:IDS**
LINCOLN-
LANCASTER
COUNTY

Safe Kids Lincoln-Lancaster County

and

Lincoln-Lancaster County Health Department
3131 O Street, Lincoln, NE 68510
(402) 441-8046

In Cooperation With:

Kiwanis International Service Program
Young Children: Priority One



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3636 Woodview Trace
Indianapolis, IN 46268

