

CHILDPROOFING BASICS: PROTECT YOUR CHILDREN FROM THE TOP HOME DANGERS

Each year an average of 1.37 million children under age 5 suffer from unintentional home injuries and an additional 1500 children die from them, according to the Home Safety Council's *State of Home Safety in America*. Help protect your children by incorporating the following tips into your childproofing plan:

Fire Safety

Install UL-listed smoke alarms in rooms including living areas, bedrooms, hallways and on every floor. Test smoke alarms monthly and replace the batteries at least once a year.

Develop and regularly practice a home fire drill that includes two exits from every room, and details such as who will assist young children out of the home.

Poisoning Prevention

Install UL-listed carbon monoxide alarms on every floor and in sleeping areas. To prevent false alarms, keep units at least 15 feet from cooking or heating appliances.

Lock up medicine, household cleaners, and other poisons and place high out of a child's reach. Post the poison control number next to each phone: 1-800-222-1222.

Falls Prevention

Install safety gates at the top and bottom of stairs.

Always use safety straps on high chairs, changing tables, and strollers.

Drowning Prevention

Always supervise children in or near water – bathtubs, toilets, five-gallon buckets, and pools/spas.

Install four-sided fencing, at least five feet high with self-latching and self-closing gates, around all swimming pools and spas. Empty and turn over wading pools when not in use.

Choking/Suffocation Prevention

Insist that children sit while eating, and chew food completely before swallowing. Avoid giving children hard, round food such as grapes, nuts, carrots, hot dogs, candy and popcorn, which are choking hazards.

Inspect your home from your child's point of view for choking hazards such as coins, balloon pieces, and toys with small parts.

For more home child safety tips, visit www.safehomesafebaby.com.

###