



Children's Health

Safety

HOW TO CHILDPROOF YOUR HOME

- Place cribs away from windows, so that blinds and curtain cords can't be reached.
- Keep baby powder out of your child's reach, and don't shake it where your baby could inhale it.
- Keep room doors shut tight. Toys, shoes, pens, art supplies, perfumes, jewelry and other tempting items are a threat to infants and toddlers.
- The water temperature from your faucets should not exceed 120°F. Lower the setting on your water heater to warm.
- Razors, shaving cream, cosmetics and mouthwash should be kept in a medicine cabinet, locked with a childproof safety latch.
- Install childproof latches on cabinets and the refrigerator.
- Keep sharp knives in drawers fitted with childproof latches.
- Make sure cleaning supplies are stored out of reach in a locked cabinet.
- The American Academy of Pediatrics recommends that guns should not be kept in a home where children are present. If you own a gun, keep it unloaded and out of reach in a locked cabinet.
- Area rugs are great for cushioning a fall, but make sure they have nonskid backings or pads so your child won't slip on them.
- Install gates at the top and bottom of stairs.
- Put child-resistant safety socket plugs in all unused electrical outlets.
- When cooking, always turn pot handles inward and use the rear burners whenever possible.
- Install stove shields that make oven controls inaccessible from below.
- Keep cords for appliances out of reach.
- Avoid using tablecloths. Toddlers can pull them down, spilling whatever is on the table on top of themselves.
- Store garbage under the sink with a childproof latch on the cabinet door, or make sure that the garbage can has a secure lid that will keep your child out.
- Check behind the cushions of the sofa and other furniture for coins and small items that pose choking hazards, and remove them.
- Make sure there's a barrier around your fireplace, wood burning stove or other heating device to keep your child at a safe distance.
- Keep house plants up high, out of your child's reach.
- Apply special edging strips to sharp corners of furniture, especially coffee tables.
- Be aware of top-heavy furniture, such as bookshelves, that toddlers or small children can pull down on top of themselves.
- Once every six months, re-evaluate how safe your home is. Get down to your child's level, usually on your hands and knees, and inspect the places your child can reach.
- Remember: No amount of childproofing will take the place of your supervision.

How many safety hazards can you spot in this kitchen?

