

# Home Safety Checklist for Families With Young Children

This checklist will help you and your family identify areas that may be a safety hazard in your home. Take a pen and the checklist and go through each room in your house. Items that cannot be answered with a "yes" or a check are items that may lead to a home injury. After completing the checklist, review your answers. Try to change the items not marked with a check to improve the safety of your home.

Check items to which you can answer "yes":

## Kitchen

- ☐ safety latches on cabinet doors
- ☐ Cleaning supplies stored:
  - ☐ separately from foods
  - ☐ in a cupboard well out of reach of child
  - ☐ in their original container
  - ☐ vitamins and medicine out of child's reach
  - ☐ food treats and other attractive items stored away from the stove

## Dangerous objects out of reach:

- ☐ knives and other sharp objects
- ☐ hot foods, drinks and glassware
- ☐ serrated boxes of plastic wrap and aluminum foil
- ☐ clipped corners of milk bags
- ☐ electric cords tied and secured out of reach
- ☐ pot handles turned inwards on the stove – use stove guards
- ☐ table cloth folded or secured so it can't be pulled down
- ☐ test the temperature of foods before serving them to child
- ☐ microwaved food or drinks should be shaken or mixed well do not microwave pureed baby meats
- ☐ child in a safe place while meals are being prepared
- ☐ high chair has wide base and harness
- ☐ avoid foods that cause choking ie; nuts, hotdogs, grapes, popcorn, carrots and celery
- ☐ matches and lighters kept out of child's reach
- ☐ plastic bags and Saran Wrap out of child's reach

**\*\*Take a First Aid Course!**

## Bathroom

- ☐ keep 2 one-ounce bottles of Syrup of Ipecac for use in a poisoning emergency (Call Poison Control Centre before giving syrup)

## Medicines and cleaning supplies stored:

- ☐ out of child's reach
- ☐ clearly marked in original containers with child-resistant caps
- ☐ razors, scissors and other sharp utensils stored out of child's reach

## Electric appliances:

- ☐ unplugged
- ☐ away from all water
- ☐ out of child's reach

#### **Available safety devices:**

- ☐ toilet seat lock
- ☐ bathtub faucet protective padding
- ☐ anti-scald devices
- ☐ non-skid mat in the bathtub
- ☐ water heater turned down to 120 o F
- ☐ check the temperature of the water in the tub before you put child into it

**\*\*Never combine cleaning solutions and ensure good ventilation when cleaning. The fumes may be poisonous.**

#### **Child's Bedroom**

- ☐ crib meets "Consumer and corporate Affairs Canada" standards
- ☐ crib exercisers or other toys that are strung over the crib are removed as soon as the child is able to sit up
- ☐ mobile is out of reach of child
- ☐ all items that can be used to climb out of crib are removed once the child can stand – bumper pads, pillows, soft toys, etc.
- ☐ place the crib at least one foot from walls, furniture, radiators, heating vents, and windows
- ☐ do not leave child unattended on change surface
- ☐ no locks on bedroom doors
- ☐ guardrails on all upper bunks are to protect the child that rolls out of bed (no child under 6 years of age in upper bunk)

#### **Play areas**

- ☐ toy chest with no lid, a lightweight lid or safe-closing mechanism
- ☐ toys and equipment are age-appropriate for child and meet recommended guidelines

#### **Toy Cautions:**

- ☐ small pieces that can cause choking
- ☐ sharp corners or edges
- ☐ joints that can pinch fingers
- ☐ painted with non-toxic paint
- ☐ routinely inspect and dispose of damaged or unsafe toys
- ☐ child taught to put toys away to avoid dangers on the floor
- ☐ remove batteries from toys in storage (Button batteries, if swallowed, are poisonous)

#### **Windows**

- ☐ windows above first floor are secured
- ☐ chains and cords on blinds and curtains out of child's reach
- ☐ chains at base of vertical blinds removed for toddlers and climbers

#### **Stairs and Railings**

- ☐ safety gates (not the accordion type) at the top and bottom of all stairways
- ☐ firm footings on the stairs – no loose carpeting, toys or uneven steps
- ☐ stairs well lit
- ☐ protective walls and railings on stairs, porches and balconies

### **Electric Outlets and Fixtures**

- ☐ electric switches and outlets have cover plates

### **Electric cords:**

- ☐ out of child's reach and out of traffic flow
- ☐ neither frayed nor cracked
- ☐ neither under rugs nor stapled to baseboards
- ☐ extension cords kept to a minimum
- ☐ unused outlets on the extension cord covered with safety plugs and out of child's reach

### **Light Fixtures:**

- ☐ have a light bulb in it
- ☐ light bulb of appropriate size and wattage

### **Space heaters:**

- ☐ properly grounded and connected directly to an outlet
- ☐ stable and protectively covered
- ☐ inaccessible to child
- ☐ at least 36 inches from curtains, towels, carpets, papers, and furniture
- ☐ used according to manufacturer's instructions and local fire ordinances

### **General Living Areas**

Dangerous items out of child's reach:

- ☐ poisonous plants
- ☐ cigarettes and butts
- ☐ loose change
- ☐ purse and pocketbook contents
- ☐ balloons
- ☐ small rugs and runners tacked down or slip resistant
- ☐ high traffic areas well lit and free of obstruction
- ☐ no loose paint chips around the house
- ☐ guns should be stored "unloaded" in locked cases or drawers with ammunition stored separately
- ☐ working smoke detector on each floor
- ☐ smoke detectors checked and cleaned regularly – batteries changed yearly

### **Fire escape plan includes:**

- ☐ 2 exit routes

- ☐ designated meeting place
- ☐ practice session in the dark, on your hands and knees
- ☐ child knowing sound of alarm
- ☐ child aware of "stop, drop and roll" to put out clothing that is on fire
- ☐ working fire extinguishers to handle small fires, especially in the kitchen
- ☐ chimney inspected and cleaned every year
- ☐ screens or safety rails on fire places, wood-burning stoves or heaters

### **Basements and Garages**

- ☐ child-proof latches control access to the basement and garage
- ☐ volatile liquids (cleaning solvents) are tightly capped and away from the furnace, hot water heater and other ignition sources
- ☐ no gasoline is stored in basement or attached garage
- ☐ power tools have safety guards in place and are unplugged when not in use

### **Outdoor Play Areas**

- ☐ child's outdoor play is supervised
- ☐ child's play area is fenced where danger exists – high traffic, water access, surrounding industry
- ☐ no poisonous plants or berries in child's play area

### **Play equipment is:**

- ☐ securely anchored
- ☐ at least 6 ft. from fences or other structures
- ☐ free of projections, sharp edges, loose parts, entrapment spaces, hard swings, and moving parts
- ☐ surrounded by a soft landing space
- ☐ **Swimming pools have:**
- ☐ fences on all four sides that are at least 5 feet high
- ☐ gates that are self-latching and self-closing