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# Making your Home Child Safe

## **PREVENTING INJURIES INSIDE THE HOME**

One out of every four children suffers a preventable injury that requires medical attention, at home. There are things that can be done to prevent these kinds of serious injuries. The key is to keep your child away from “serious and preventable accidents and injuries”



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## PREVENTING INJURIES INSIDE THE HOME

Childproofing does not mean moving breakables to higher shelves. It means locking, securing, relocating or removing anything that may pose a potential danger to a child. Children are curious and will investigate any "new" object or substance.

Use the following checklist as a starting point for childproofing your home :

### In the Kitchen and Bathroom

Install "child resistant" locks on all cabinets within the child's reach. What is child resistant to most children may not be to yours, so don't assume that with the locks in place your child is safe.

Remove all cleaning fluids and agents from lower storage areas.

Very common household items that are generally considered non-poisonous, if taken in large quantities can kill a child. Some of these items include mouthwash, cosmetics, meat tenderizers and spices.

Keep all medications inside a cabinet that is locked with a key. Keep the key where the child cannot reach it.

Many child care experts recommend clearing out a lower kitchen cabinet and placing in it toys, plastic containers or other safe items for the child to play with when he/she wants to be with mum or dad in the kitchen.

Keep all electrical and phone cords bundled and out of reach.

When cooking, turn pot handles to the back of the stove.

Do not use tablecloths.

Never leave a small child alone in the bathtub for even "just a second".

### In Addition ...

Place the number of the nearest poison control centre near your phone. Include it with your child's weight, allergies and any special medical conditions, so you will not have to remember these when in a panic. It will also be available there for a babysitter or a visiting relative.

Have medication available to induce vomiting, if something poisonous is ingested. Never give the medication without first consulting your poison control centre or health care provider.

Have a first aid kit and know what to do with its contents.

### In Other Areas of the Home

Install covers over all electrical outlets.

Install smoke alarms on all levels of your home.

Place gates at stairways-top and bottom.

Lift blind and drapery chords out of reach of children.

Use specially designed door stops and knobs that prevent children from opening forbidden doors.

Many houseplants are toxic. Find out which ones are and, if you have any of them, remove them from your home.

Make the garage off limits. Be sure any potentially dangerous items are stored out of reach and/or locked up.

Remove firearms from your home. If you must have them, keep the ammunition locked in a strongbox, stored away from the gun.

Remove or keep tightly closed all large buckets or containers. A child can drown in a few inches of water.

Remember, childproofing is not a 100% guarantee that your child will be safe from injury. Parents must still be vigilant. At best, childproofing slows down the curious child.

**SHOULD YOU HAVE ANY FURTHER QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT YOUR LOCAL BUILD IT STORE.**



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