



## HOME SAFETY

### **Keep your child safe by checking every room in your home for possible dangers.**

Think like a baby or young child. As children become more mobile they will come into contact with potential hazards and try to pull themselves up on furniture. Crawl on the floor and look for things your child could touch and put into his or her mouth. Always watch your child when visiting the homes of friends and family members.

### **Use this checklist to help prevent injuries.**

#### **Prevent Falls**

- ☐ Use baby gates at the top and bottom of stairs.
- ☐ Install window guards on windows above the first floor.
- ☐ Secure furniture so that it cannot tip over if pulled.

#### **Prevent Poisoning**

- ☐ Keep medicine and poisons out of sight and reach.
- ☐ Put safety latches or locks on drawers, cabinets and cupboards in kitchens, bathrooms and garages.
- ☐ Hide or securely cover trash cans.

***Emergency action for poisoning ... call Maryland Poison Center at 1-800-222-1222.***

#### **Prevent Burns**

- ☐ Keep matches, lighters and lit candles out of reach.
- ☐ Keep your child away from hot surfaces such as stoves, fireplaces and heaters.
- ☐ Install outlet plug covers.
- ☐ Install smoke detectors on every floor of the home.

**BE A SMART PARENT.  
KEEP YOUR HOME SAFE.**

# TIPS FOR PREVENTING INJURIES

## Prevent Burns from Hot Foods

- ☐ Do not carry hot liquids or foods near your child.
- ☐ Put your child in a safe place while cooking.
- ☐ Check the temperature of bottled breast milk, formula and foods before feeding.

## Prevent Burns from Hot Water

- ☐ Set your water heater temperature to 120°F.
- ☐ Always check the water temperature before placing your child in a bath.

## Prevent Choking and Suffocation

- ☐ Keep small objects and plastic bags out of reach.
- ☐ Cut food into pieces smaller than ½ inch.
- ☐ Install carbon monoxide detectors on every floor of the house.

## Prevent Drowning

*A child can drown in just a few inches of water.*

- ☐ Always watch your child in the bathtub, wading pool, swimming pool or other bodies of water.
- ☐ Empty wading pools, tubs and buckets and turn over after use.
- ☐ Use a well-fitting life jacket at the pool, beach, lake or river.

## Tips for Treating Injuries

- ☐ Keep first aid kits in your home, car and diaper bag.
- ☐ Learn CPR and first aid. Check with the Red Cross and hospitals for classes.
- ☐ Call your health care provider for injuries that need treatment.

***Call 911 if an injury is severe or for any injuries to the head.***

ANNE ARUNDEL COUNTY  
PREGNANCY & PARENTING

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