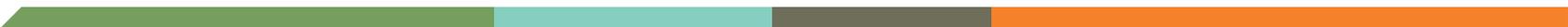




# Infant & Child Safety



***Healthy Driven***<sup>™</sup>

Edward-Elmhurst

HEALTH

# Table of Contents

- General Facts
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- Home Safety (preventing falls, tip-overs, avoiding burns & scalds, fire & electrical safety, garage safety, drowning prevention, etc.)
- Preparing for Emergencies
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## Did you know?

As parents, we try to give our children a warm, loving, and safe environment to grow up in. But did you know that....

- About 2.5 to 3 million children are injured or killed by hazards in the home each year.
- 40% of deaths and 50% of nonfatal injuries occur in and around the home.
- 90% of unintentional injuries can be prevented!
- According to Safe Kids USA, most fatal injuries at home are caused by suffocation, fire and burns, drowning, choking, falls, poisoning or firearms discharged unintentionally.

In this program, you can learn ways to make your home a safer environment for your child!

# Injury-related Deaths by Age

## Injury-related Deaths\*

Babies and Toddlers explore their world orally—everything they find goes into their mouth! The leading cause of injury-related deaths in this age is from choking.

As they get older and more mobile, drowning is the leading cause of injury-related death.

In the school aged group, motor vehicle occupant and pedestrian injuries top the list.

As you can see from the chart, motor vehicle occupant injury is a major cause of injury and death for children of all ages. Be sure to have a car safety seat for your child and use it with every car ride!

Age	Leading cause of death	Followed by
Under 1 year	Airway obstruction	Motor vehicle occupant injury Drowning Fire & burns Falls Poisoning
1-4 years	Drowning	Motor vehicle occupant injury Pedestrian injury Fire & burns Airway obstruction
5-14 years	Motor vehicle occupant injury	Pedestrian injury Drowning Fire & burns Bicycle injury

Source: <https://www.cdc.gov/safekid/nap/index.html>

# Car Seat Safety



# Car Seat Safety

Are You Using Your Child Safety Seat Correctly?

Child safety seats can reduce the risk of death by 71% for infants and by 54% for toddlers--but only if they are used correctly and for every ride!

According to the National Highway Traffic Safety Administration,

96% of drivers believe they use child seats correctly

but...

fewer than 20% do!

# Illinois Car Seat Laws

## According to Illinois Car Seat Laws

- Children under age 8 must use a child safety seat. A child under age 2 must be properly secured in a rear-facing child restraint system.
- Parent of a child under age 8 must provide a safety seat for transport if someone else will be driving with the child in their car.
- Children ages 15 & under must be restrained in some manner (car safety seat, booster seat, or seat belt).

For more info on Car Seats:

[Ten Basic Rules for Car Seat Usage](#)

[Illinois Car Seat Law](#)



# Car Seat Installation

- Check your car seat manual and your car owner's manual for specific instructions regarding **your** car seat in **your** car. Your car manual should help you determine the safest place to put your infant seat. Often the middle of the back seat is the safest place, but only if you can get a tight fit with the seat belt or latch.
- Use either the car's seat belt system **OR** the latch system to secure your child's carseat, NEVER BOTH. Use the one which gives the most secure attachment.
- For safety information on child safety seats, go to [SaferCar.gov](https://www.safercar.gov).
- For general instructional videos on installing car seats correctly, go to [TheCarSeatLady.com](https://www.thecarseatlady.com)



Latch attachment

# Common Mistakes with Using Car Safety Seats

- Not installing car seat tightly enough.
- Not fastening the harness tightly enough.
- Not using the chest clip or using it incorrectly.
- Seat belt not properly locked with locking clip, seat belt retractor, or locking latch-plate.
- Child is not appropriate size for the safety seat
- Attaching toys to harness or adding “after market” padding under or behind baby in the seat.

- At EEH’s Babycare class for expectant parents, you can learn more about safety features of car seats, proper installation, and how to buckle up your baby safely! Call Class Registration a 630-527-6363 to register!



- To have individualized assistance with your particular car safety seat, make an appointment for a Car Safety Seat Inspection by a certified Car Safety Technician. Search for a site in your area at [NHTSA’s Inspection Station Locator](#) (toward end of page).

# Carseat Safety Tips

- Attach a Child I.D. to the back of the carseat with your child's name and important information about your child. If an accident occurs, the rescue or medical personnel will have the needed information about your child.
- Don't be too eager to turn the carseat front facing! Studies show that rear-facing is much safer for your child and better protects your child from spinal injuries in event of an accident—so keep your infant rear-facing as long as possible for the limits of your car seat. Check the weight limits for your particular car seat.



Order a Carseat Safety Label from Etsy or make your own!  
<https://thisaveragemom.com/emergency-car-seat-label-free-pdf/>

# Other Safety Seat Issues

## Air Travel with your Baby

- See FAA's "[Flying with Children](#)".
- Check with specific airlines before traveling.
- Plan to take an FAA approved car-safety seat with you on the plane—you'll need it to transport your baby once you get to your destination.

## Shopping with your Baby

- See AAP's recommendations about [Shopping Cart Safety](#).
- Don't use a car safety seat in a shopping cart! It might make the cart tip over.
- Consider using a baby sling or carrier when shopping.

## Jogging or Biking with your Baby

- For biking, use a rolling ride-along trailer rather than a bike carrier that sits on the back of the bike. Use a properly sized helmet for your baby while biking.
- For jogging, use a baby jogger (rolling pushcart). Never run or jog while carrying baby in a backpack style carrier!
- Jogger or trailer must have a harness for securing baby and a screen to protect baby from flying objects. Also, for safety, consider choosing a jogger with a wrist tether.
- See KidsHealth's article [Bike Safety for Children](#) for proper helmet fit and Rules of the Road.

# Safe Sleep-Safe Nursery

The nursery is your baby's own room—make it the safest room in the house!



# A Safe Crib

- Check the crib for loose hardware, gaps between the mattress and frame, proper width between slats. Make sure there are no high corner posts, no cut-outs on the headboard or footboard, and that the crib does not have drop-sides.
- Use a firm mattress that is the correct size for the crib. There should be no gaps. If you can fit 2 fingers between the mattress and the side of the crib, it is too loose.
- Cover the mattress with a snug-fitting crib sheet. Make sure crib sheets overlap the mattress so it cannot be dislodged by pulling on the corner of the sheet.
- When baby can push up on hands & knees, remove all mobiles & hanging toys from crib area.
- When baby can pull himself up or stand, adjust mattress to lowest level in crib (crib sides should be at least 26 inches above mattress top).

U.S. Consumer Product Safety Commission  
**A SAFER GENERATION OF CRIBS**  
New Federal Requirements



CPSC: The Safe Crib

# Safe Portable Cribs & Playpens

## Portable Cribs and Playpens

- Use a playpen manufactured after 2013, which is when the last **safety updates** were issued. Never add additional mattresses.
- Never leave the side of a mesh playpen down. A baby could become trapped and suffocate in the mesh.
- Once a baby can pull himself up to standing, keep large toys out of the playpen. He might try to use these items as steps.
- Remove all toys, stuffed animals, pillows, cushions and blankets before putting baby down to sleep.

## Changing Tables

- Always use the changing table's safety belt to help prevent your baby from falling.
- Keep at least one hand on the baby at all times, even when using the safety belt.
- Never leave a baby on the changing table unsupervised.



- Check the remaining furniture in the room for safety and put all supplies up out of baby's reach—including the diaper bag! Babies will even eat diaper rash cream if left available!
- Don't place your crib near a window or electrical outlet.
- Make sure no furniture is beneath a window where a child might climb on it.
- Toy boxes should not have drop lids that might fall on tiny hands or trap a child inside. Consider using open containers for toy storage.



# Safe Sleep

Airway obstruction in children under one year of age often occurs due to such items as soft sleeping surfaces, padding or loose bedding, or pillows or stuffed animals in cribs.

- Be sure your baby's crib is safe! CPSC's [Safe Sleep Information Center](#)
- American Academy of Pediatrics does not recommend use of bumper pads in cribs due to suffocation and/or entrapment danger.
- Always place your baby on his back to sleep. For more information about SIDS prevention, go to [KidsHealth](#).
- Never fall asleep with your baby on a couch where he might get wedged between your body and the back of the couch, etc.



[Safe sleepwear  
for children](#)

# Safe Babywearing

- [Guide to Babywearing](#)
- Safe Baby-wearing [cpsc.gov](http://cpsc.gov)

## The T.I.C.K.S. Rule for Safe Babywearing

Keep your baby close and keep your baby safe.  
When you're wearing a sling or carrier, don't forget the T.I.C.K.S.



- ✓ TIGHT
- ✓ IN VIEW AT ALL TIMES
- ✓ CLOSE ENOUGH TO KISS
- ✓ KEEP CHIN OFF THE CHEST
- ✓ SUPPORTED BACK

**TIGHT** – slings and carriers should be tight enough to hug your baby close to you as this will be most comfortable for you both. Any slack/loose fabric will allow your baby to slump down in the carrier which can hinder their breathing and pull on your back.

**IN VIEW AT ALL TIMES** – you should always be able to see your baby's face by simply glancing down. The fabric of a sling or carrier should not close around them so you have to open it to check on them. In a cradle position your baby should face upwards not be turned in towards your body.

**CLOSE ENOUGH TO KISS** – your baby's head should be as close to your chin as is comfortable. By tipping your head forward you should be able to kiss your baby on the head or forehead.

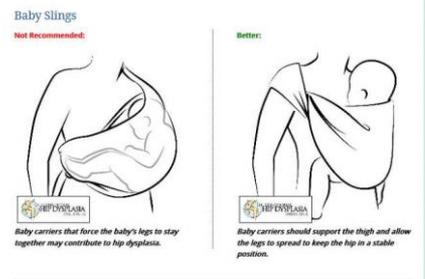
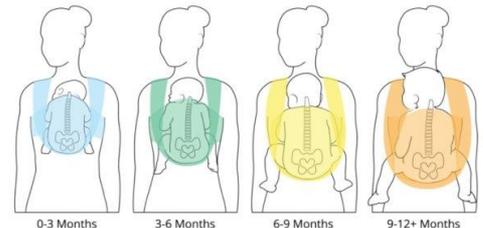
**KEEP CHIN OFF THE CHEST** – a baby should never be curled so their chin is forced onto their chest as this can restrict their breathing. Ensure there is always a space of at least a finger width under your baby's chin.

**SUPPORTED BACK** – in an upright carry a baby should be held comfortably close to the wearer so their back is supported in its natural position and their tummy and chest are against you. If a sling is too loose they can slump which can partially close their airway. (This can be tested by placing a hand on your baby's back and pressing gently – they should not uncurl or move closer to you)  
A baby in a cradle carry in a pouch or ring sling should be positioned carefully with their bottom in the deepest part so the sling does not fold them in half pressing their chin to their chest.

### 9 REASONS not to carry your baby facing out

- 1 It does NOT SUPPORT your BABY'S LEGS
- 2 It makes it TOUGH FOR THE WEARER to carry the baby
- 3 It places your baby in an ARCHED OR HOLLOW BACK POSITION which places pressure on the baby's spine
- 4 It places too much PRESSURE ON INFANT'S PELVIS and may chafe the inner thighs of your baby
- 5 It may OVERSTIMULATE your baby
- 6 IT DOESN'T SUPPORT THE HEAD or the neck
- 7 It makes THERMOREGULATION more difficult
- 8 It makes it HARDER TO RESPOND to baby's cues
- 9 IT THROWS OFF the baby's CENTER OF GRAVITY AND may not be so wonderful on your back either

BOBA.COM



# Toy Safety

- Follow age recommendations for toys
- Avoid small parts, magnets, button batteries that can be removed/swallowed (can cause choking or serious internal injuries or death).
- Dangers of Button Batteries. Check all children's toys to be sure battery compartments are screwed shut. Keep devices with button batteries out of reach of children (key fobs, remote controls, musical greeting cards, tea light candles, thermometers, hearing aids, etc.)
- Dangers of magnetic toys
- Toy Safety tips



The Battery  Controlled

## Did you know...

*...the battery found in devices like this can get stuck in a child's throat, and in just two hours burn a hole in the esophagus?*

- 1 Keep Out of Reach
- 2 Get help fast
- 3 Share this message

TheBatteryControlled.com Working together to prevent injury. **Energizer** **SAFE KIDS** WORLDWIDE.

# Choking, Suffocation, & Strangulation Hazards

Airway obstruction is the leading cause of death in children under one year of age, often from problems related to an unsafe sleep environment.

As a baby gets more mobile and putting things into his mouth, choking becomes more of a problem. Choking and strangulation are a major cause of death in 1-4 year olds.

Of all children's products, balloons are the leading cause of suffocation death, according to CPSC injury data.



# Choking & Strangulation Hazards

- Injuries and deaths have been reported on children of all ages due to choking on round objects, suffocation, or strangulation on things in the home.
- Anything smaller than 1.68 inches in diameter (or that which fits through a toilet paper roll) is considered a choking hazard. Un-inflated balloons or balloon pieces are especially dangerous.
- Top 10 Choking Hazards for children



Small parts tester

# Foods that are Choking Hazards

When preparing food for small children, always cut foods with a round diameter lengthwise, then into irregular shaped pieces. Never cut carrots or hotdogs into round pieces. Don't feed your small child grapes, peanuts, hard candies or other small round foods.



To learn what to do if your child is choking, go to [KidsHealth.org](https://www.kidshealth.org)

Sign up for the “CPR Friends & Family” class at EEHealth to learn Infant, Child & Adult CPR and choking info. [Register online.](#)

# Foods to avoid for choking hazards

12 of the deadliest food items – choking hazards

Bread



Raw Veg



Crackers / Rice Cakes



Hard Boiled Sweets



Whole Grapes



Chicken with bone



Nuts and seeds



Chewing Gum



Cheese chunks



Apple



Marshmallow



Popcorn



# Strangulation Hazards

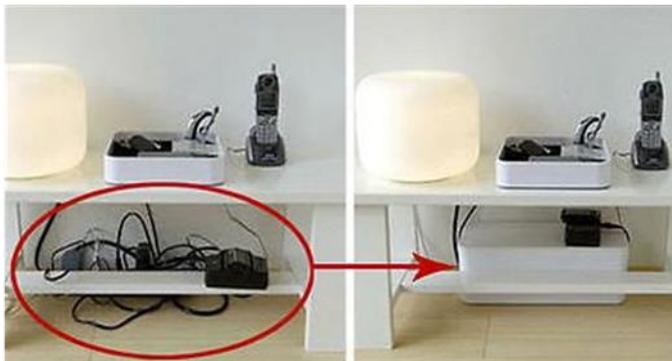
- Never use clothing with strings or cords (if the cord is longer than 6 inches it is a strangulation hazard).
- Pull toys may be dangerous if the string is long enough to be a strangulation hazard.
- Check your home for blind cords or electrical cords that a child can reach!

*If a cord or chain can be wrapped around your hand, it is unsafe!*



# Cord Safety

- Buy cordless window blinds or cut all looped window blinds and curtain cords.
  - CPSC Safety Education-Window Coverings.
  - Retrofit Your Windows. (click on the link on this page to order a free retrofit kit.)
- Use cord shortening safety devices for cords on electrical appliances. Keep cords out of sight and out of reach of small children.





# Poison Prevention

# Poison Prevention in Your Home

- According to the Illinois Poison Center, the most frequent causes of poisonings are common household products, such as cleansers, pain medicines, and health and beauty products.
- Keep all cleaners high & in a locked cabinet in the kitchen, laundry room, bathroom, and garage.
- Keep all medications in a locked cabinet and out of reach. Also keep mouthwash, fingernail polish & remover, alcohol, cosmetics, perfumes, etc., out of reach.

To prevent poisonings in your home:

- Keep potential poisons in original labeled containers (you will need the contents labeled).
- Keep poisonous substances out of sight & out of reach (high & locked up!). CPSC “Lock Up Poisons”.
- Never leave a potentially poisonous substance unattended, even for a moment!
- Post the Poison Center number in your cell phone now—before you need it!  
1-800-222-1222

Take the Illinois Poison Center’s [free online class](#) to learn more about how to prevent poisonings.

Bookmark this page for quick reference in case your child eats something they shouldn’t:

<https://www.illinoispoisoncenter.org/my-child-ate>



# Poisonous Houseplants



Many common houseplants are also poisonous!



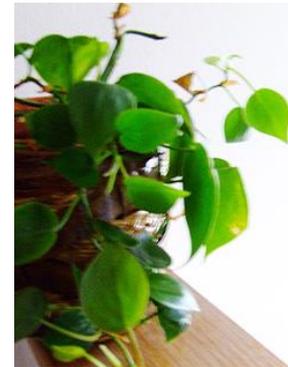
Know the names of all your plants, in case you need to call the Poison Center.



Remove any poisonous houseplants and keep all other plants out of child's reach.



Teach your child to never put any part of a plant in his mouth.



For more information, see

[NCPC Poisonous & Non-Poisonous plants](#)

[IPC Poisonous Plants & toxicity levels.](#)

# Lead Poisoning

According to the Illinois Poison Center:

- “Lead poisoning can occur at any age. Children under the age of 6 are at higher risk of lead poisoning because their bodies absorb the lead more easily and the lead can build up to higher levels.
- Children with high lead levels in their blood may not have any symptoms, but the long term effects can be quite problematic. Lead poisoning can cause learning disabilities, decreased growth, hyperactivity and impaired hearing, as well as damage to other vital organs within the body, such as the kidneys and stomach.”

For More Information on lead poisoning:

[Lead Poisoning \(MedlinePlus\)](#)

Remember:

- Children 6 months to 5 years old and pregnant women are at greatest risk.
- Even a very small amount of lead can cause decreased IQ.
- Many people with lead poisoning have no symptoms.
- Know the sources of lead poisoning. If you live in a home built before 1978, have it checked for lead paint or lead pipes.
- If you feel your child is at risk, ask your doctor about having a lead test done!

# Poisonous Substances in the Air

- Carbon Monoxide is a poisonous gas which you cannot see or smell. Illinois passed a law in 2007 requiring all residences with fossil fuel-burning appliances to install a carbon monoxide alarm within 15 feet of all sleeping areas.
- Radon is also a poisonous gas which is hard to detect. It forms in the soil and rock when radium decays and can enter your home through cracks and gaps. Long term exposure has been linked to lung cancer.
- Second-hand smoke has been linked to higher SIDS rates in infants as well as asthma and other lung problems. Don't let anyone smoke inside your house and ask caregivers who smoke to use a "smoking jacket" that they can remove when they are around your baby.



For More Information:

[CPSC: A Guide to Indoor Air Quality](#)

[IPC: Carbon Monoxide Facts](#)

[CPSC: Carbon Monoxide Fact Sheet](#)

[EPA: Basic Radon Facts](#)

# What's in your Purse?

- Don't let a child play with your purse—there are probably many dangerous items located there.
- And make sure grandparents don't keep medications on their bedside table or easily accessible in a suitcase when they're visiting.

## Candy or Medicine? -- Look-Alike Drugs



# POISON PURSE

Be Wary of the Danger You May Carry



MISSOURI POISON CENTER 1-800-222-1222

**1-800-222-1222**  
missouripoisoncenter.org

**POISON Help**

# Other poisons

**Edible Cannabis** –Because of a toddler’s small size, exposure to cannabis can lead to more severe symptoms.

## Advice from IPC:

- Do not use cannabis products in front of children. Children learn from watching adults which products are safe to eat.
- Store cannabis products, including edibles, and home-prepared products in a secure place (e.g., a lockbox) immediately after use. Safe storage up high and out of sight can prevent exploratory pediatric ingestions.
- Call the poison center or seek medical care (including calling 911 if necessary) for suspected exposures. Poison centers provide recommendations regarding decontamination and need for urgent medical evaluation.

## **E-cigarettes & vaping**

- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes. Nationally, approximately 50% of calls to poison control centers for e-cigarettes are for kids 5 years of age or younger.
- According to the CDC, the e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:
  - Nicotine
  - Ultrafine particles that can be inhaled deep into the lungs
  - Flavorings such as diacetyl, a chemical linked to a serious lung disease
  - Volatile organic compounds
  - Cancer-causing chemicals
  - Heavy metals such as nickel, tin, and lead<sup>1</sup>

Source: [CDC Quick Facts on the Risks of E-cigarettes](#)

## Results

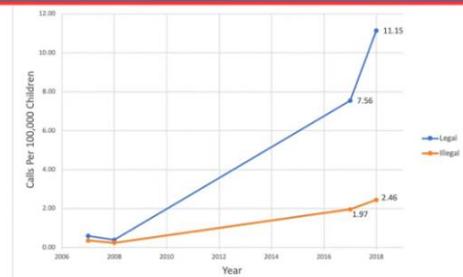


Figure 1: Exposures Per 100,000 Children by State Legalization Status

SAEM<sup>®</sup>DC



If your child has eaten or may have eaten even a small piece of a cannabis edible, call IPC at 1-800-222-1222.

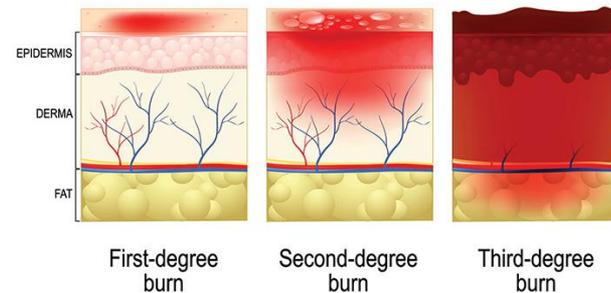
The Dangers of Vaping around Babies & Kids

# Avoiding Burns & Scalds

According to National Safe Kids Campaign:

- The majority of children ages 4 and under, who are hospitalized for burn-related injuries, suffer from scalds burns (65 percent) or contact burns (20 percent).
- Hot tap water burns cause more deaths and hospitalizations than burns from any other hot liquids.
- Children have thinner skin than adults, which can result in more serious injuries from a burn or scald. Children 2 and younger are at increased risk for severe injury from burns & scalds.
- [Safe Kids Safety Tips](#).
- [Scald Burn Injury Facts](#)

## SKIN BURN



A child exposed to hot tap water at 140 ° for 2-3 seconds will sustain a third degree burn, an injury requiring hospitalization and skin grafts.

# Avoid Burns & Scalds

- Practice Safety in the kitchen:
  - Never use a microwave to warm baby's bottle—it can have hot spots that will scald a baby's mouth.
  - Check temperature of heated foods prior to feeding to a baby.
  - Use back burners and turn pot handles toward the side or back. Establish a “kid-free” zone of 3 feet around your stove—mark it with brightly colored tape on the floor and do not allow children within that area.
  - Avoid carrying containers with hot liquids when children are underfoot. Don't have a cup of hot liquid in hand while around a baby/child.
  - Don't use table cloths—children can pull on them causing hot foods to spill.
  - Do not use candles or open flames within children's reach. Keep all matches and lighters out of reach and locked up.





- Keep your hot water at a safe temperature—120 degrees or lower. Test bathwater temperature with your wrist. To prevent your child getting burned by touching a hot faucet, use a faucet cover or run cold water briefly to cool the tap after running hot water.
- Use caution with appliances. Keep space heaters and vaporizers out of reach of children, use a screen in front of a fireplace, and keep irons, curling irons and electric hair styling tools unplugged and out of reach when not in use. Never leave children unsupervised when electrical appliances are being used and teach children not to touch them.

## Keeping your child **safe** around a gas fireplace

Contact with the glass on a gas fireplace can result in 2nd or 3rd degree burns.



- G GATE** Place a gate or screen around the gas fireplace glass doors.
- L LOOK** Look where your child is while the gas fireplace is on.
- A AWARE** Be aware that the glass of a gas fireplace door can heat up to more than 200°F in approximately six minutes.
- S SWITCH** Make sure the on/off switch is not in reach of your child.
- S SHUT OFF** Once the fuel source to a gas fireplace is shut off it takes an average of 45 minutes for gas fireplace glass to cool down.

**Stay safe while staying warm.**

Learn more at [childrenscolorado.org/fireplace](http://childrenscolorado.org/fireplace)



# First Aid for Burns & Scalds

- Place the burnt area under cool running water or in a basin of cool water immediately for at least 10-15 minutes. Don't delay!! Don't use ice water.
- If clothing is stuck to the skin, do not peel it away—leave it and cut away the clothing around it.
- Cover the burn with nonstick gauze or clean cloth. Don't put butter, grease, or anything else on the burn. Do not pop any blisters.
- Call 911 if the burned area is charred or white, if caused by electric shock or chemicals, if the burn is on the face, hands, feet, genitals, or a joint, or if the burn covers 10% or more of the body.
- Treat mild first-degree burns (that look like sunburn) at home.
- Call the doctor if the burn is oozing or seems infected (red, swollen, tender)



Source: [WebMD Treating Burns & Scalds in Children](#)

# Safety Devices for your Home

- Use soft bumpers on sharp table edges or fireplace hearth to protect children from injuring themselves in a fall.
- Use one-piece doorstops to prevent a choking hazard.
- Use a door-holders to protect fingers from being pinched.
- Keep all scissors, knives, peelers, and sharp objects in a locked drawer.
- Use non-skid pads for rugs
- Safety-proof stairs using hardware-secured baby-gates.
- Cabinet safety locks
- Stove knob covers
- Window guards or netting



# Preventing Falls

- Never leave your baby alone on a bed, couch, or changing table where she might fall.
- Always use safety straps (including crotch strap if available) on highchairs, changing tables, infant swings, strollers, etc.
- Use hardware-mounted safety gates at the top and bottom of stairs. Be especially careful regarding use of baby walkers around stairways!
- Keep chairs, cribs, and other furniture away from windows. Secure windows on upper floors with special latches so that they do not open wide enough for children to fall out.



For more information regarding baby walkers:  
[Dangers of Baby Walkers](#)

# Prevent “Tip-overs”

- Teach children not to climb on furniture. Secure furniture that might tip over with braces or anchors.
- TVs that are not wall mounted should be anchored to the wall.
- <https://www.anchorit.gov/>
- Consumer Reports: How to anchor furniture



# Drowning Prevention

After birth defects, **drowning** is the **No. 1** cause of death for children ages 1-4. 

- Always supervise children around water!
- Never leave a child alone in a bathtub!
- Do not leave water in buckets—a child can drown in as little as a few inches of water!
- Keep the toilet lid down (consider using a lock) and bathroom door closed.
- If you or a neighbor or relative have a pool, see more info about [Pool safety](#) and [Safety Gadgets for Pools](#) that help prevent drowning.
- Learn CPR so that you'll know what to do in an emergency!

For more information:

[Drowning Prevention for Toddlers](#)



# Electrical Safety

- Keep electrical cords neatly wrapped and out of the way. Use electrical outlet covers that covers the entire outlet.
- CPSC Home Electrical Safety Checklist



## PLUG INTO SAFETY!

Follow these tips to begin electrical safety in your home:

- Never overload wall outlets or power strips.
- Use only extension cords labeled for outdoor use when using outdoor tools and appliances.
- Replace any worn, old or damaged extension cords.
- Use ground-fault circuit-interrupters (GFCI) – inside and OUTSIDE the house.
- Keep cord-and-plug connected electrical devices away from water.
- Hire a licensed electrician for electrical work in the home.

**You Have the Power to Be Safe!**

# Fire Safety for Your Home

Keep your family safe from fires!

- Remove or eliminate common fire hazards
  - careless cigarette smoking
  - candles left unattended
  - children playing with matches and lighters
  - items kept too close to a heat source (keep items at least 3 feet from space heaters)
- Install smoke alarms (one per floor and one outside each sleeping area). Change batteries in smoke alarms twice a year (with Daylight Savings time changes). Let children hear a smoke alarm going off and instruct them on what to do when they hear it. Home fires spread rapidly--you may have as little as 2 minutes to get to safety after a smoke alarm sounds! Get low & crawl out. Call 9-1-1 after you get outside.
- Have charged fire extinguishers on hand and know when & how to use them vs. leaving immediately.
- Establish family fire escape plans & practice them with family yearly. Teach children not to be afraid of firemen (visit fire stations and let kids meet friendly firemen in gear.)



[Safe Kids USA: Fire Safety](#)

[Escape Planning Tips](#)

[CPSC Smoke Alarms- Why, Where, & Which](#)

# Garage Safety

Garages are usually filled with sharp tools, flammable liquids and motorized equipment. However, they are often overlooked when considering home safety!

- Lock up power tools and hazardous substances inside a cabinet. (weed killers, fertilizers, grease-removing solvents, antifreeze, windshield wiper fluid, salt for snow melting, etc.)
- Store flammable materials (gasoline, etc) in appropriate containers.
- Always supervise children in your garage.
- Inspect your overhead garage door regularly. Keep the garage door down and locked at all times, even if you are inside the house or in the yard. Test the automatic reverse mechanism monthly. Keep the garage door remote controls away from children.

(Source: national Safety Council, [www.nsc.org](http://www.nsc.org))



## Garage Safety Tips

# Gun Safety

- **The American Academy of Pediatrics (AAP) advises that the safest home for a child is one without guns.** The most effective way to prevent unintentional gun injuries, suicide and homicide to children and adolescents, research shows, is the absence of guns from homes and communities.
- If you decide to keep a gun in your home: **Safe storage.** All guns in your home should be **locked and unloaded, with ammunition locked separately.** Make sure children and teens can't access the keys or combinations to lock boxes or gun safes. And remember not to keep loaded, unlocked guns in the car, either. Healthy Children.org [Gun Safety](#).
- Practice gun safety in the home (KidsHealth).



## GUN SAFETY and CHILDREN

If you own a firearm, the AAP recommends it be **stored unloaded, locked up** (lock box, cable lock, or firearm safe), with the ammunition stored separately. 

About **1/3 of the homes with children** in the United States have a gun. Many are stored **loaded and/or unlocked**. 

Every day, **87 children,**  teens and young adults are **injured or killed** by guns in the United States.   
● = death ● = injury

Source: CDC WISQARS, 2015-18 fatal injuries and 2015-17 non-fatal injuries.

Children as young as **3 years** may be strong enough to **pull the trigger** on a handgun. 

The risk of dying by suicide is **4 to 10 times higher** in homes with guns. If you have a **teen who is at risk for suicide**, remove guns and ammunition from your house. 

The **safest home** for children and teens is one without guns. 

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# For more info on Home Safety

- [Childproofing Checklist by Age](#)
- For Safety Guides, Safety Alerts, and Neighborhood Safety posters on a huge variety of topics, go to CPSC.gov's [Safety Guides](#).
- Nationwide Children's Organization's [Nursery Safety Booklet](#).
- [CPSC Gas Grill fact-sheet](#)
- [CPSC Safety Alert for Dryers](#). Clean dryer lint screen/filter before or after each load of clothes. Clean the dryer vent & exhaust ducts periodically.
- [CPSC Holiday Decoration Safety Tips](#)
- [CPSC Portable Heater Safety Habits](#)
- [Backyard Safety](#)



# Preparing for Emergencies

- BE PREPARED! Learn CPR and first aid
- Post emergency phone lists on every phone. Enter an “ICE” (In Case of Emergency) number on your cell phone so that police or first-responders can locate your emergency contacts & info if needed.
- Have a First Aid Kit in your home and in your car. Add more disposable gloves to both kits!
- Have a fire extinguisher in your car and home. Know how to use it.
- Have a family fire escape plan & practice it yearly. Have an agreed-upon location for a meeting spot after escaping during an emergency (tree, mailbox, light pole, etc).



To learn what to do if your child is choking, go to [KidsHealth.org](https://www.kidshealth.org)

Sign up for the “CPR Friends & Family” class at EEHealth to learn Infant, Child & Adult CPR and choking info. [Register online.](#)

# Who to Call in an Emergency

Accidents will happen, so be prepared! Learn CPR and First Aid and know who to call in an emergency situation.

## Call 911 if...

- Situation is serious or life-threatening
- Person is unconscious
- Difficulty breathing
- Uncontrollable bleeding
- Symptoms of shock
- Detached body part
- Possible spinal cord injury
- Electrical burns or burns over a large area

## Call Poison Control Center...

- If you suspect a poisoning, even if there are no symptoms. BUT, if the patient is unconscious, having convulsions or difficulty breathing, call 911 immediately!

## Call the doctor...

- If you are not sure how serious the injury is.
- If the wound covers a large area or is deep or gaping.
- If the ear or eye is punctured.
- For puncture wounds that might need a Tetanus shot.
- Any severe burns.
- If victim acts dazed or confused or loses consciousness.
- Any electric shock or electric burns.

# Resources

- American Academy of Pediatrics, [www.aap.org](http://www.aap.org)
- Car Safety.org. [www.car-safety.org/basics.html](http://www.car-safety.org/basics.html)
- Consumer Product Safety Commission, [www.cpsc.gov/](http://www.cpsc.gov/)
- Federal Aviation Administration, [www.faa.gov](http://www.faa.gov).
- Illinois Poison Center, [www.mchc.org/ipc/](http://www.mchc.org/ipc/)
- Kids Health, [www.kidshealth.org](http://www.kidshealth.org)
- National Capital Poison Center, [www.poison.org](http://www.poison.org)
- National Highway Traffic Safety Administration, [www.nhtsa.gov/](http://www.nhtsa.gov/)
- National Safety Council, [www.nsc.org](http://www.nsc.org)
- SafeKids, USA , [www.usa.safekids.org/](http://www.usa.safekids.org/)
- Seatcheck.net, [www.seatcheck.net](http://www.seatcheck.net).
- SIDS info, <https://kidshealth.org/en/parents/sids.html>
- Window Covering Safety Council, [www.windowcoverings.org](http://www.windowcoverings.org)

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