



Child Safety Check-list

(please note that this is not an all inclusive list; use common sense and be aware of the surroundings for both you and your child/children)

General Rules

- ✓ **Never** leave children unattended in a public place.
- ✓ Always hold the hand of young children when walking near moving vehicles, including parking lots.
- ✓ Always know the location of your children.
- ✓ Make sure children carry emergency numbers with them at all times.
- ✓ At home, have a list of emergency contact numbers, including doctor's offices and poison control, close to the phone or programmed into your speed dial, in case of an emergency.

Automobile Safety

- ✓ Always make sure children's seat belts are fastened before starting the car.
- ✓ Lock all doors before starting the car.
- ✓ Use child safety lock on rear doors.
- ✓ Make sure children's hands are away from the doors when closing.
- ✓ Use authorized baby/child safety seats for all children under 40 lbs.
- ✓ Never let children ride in front seat.
- ✓ Always exit car before children. Always exit on curb side.
- ✓ Have behavior rules to prevent distractions while driving.
- ✓ **NEVER** leave children unattended in a car.

Bathroom Safety

Bathtub

- ✓ Use padded safety covers on the bathtub spigot.
- ✓ Put a non-skid mat or adhesive strips in the bottom of the bathtub. Be sure to also have a mat outside the tub, as well.
- ✓ **NEVER** leave children without adult supervision, even for a short time. If the phone rings, let it go to voice mail.
- ✓ Check the water temperature with your wrist before placing child in bathtub.
- ✓ Collect soap, diapers, towels, and other items prior to running water in the tub; keep them near at hand.
- ✓ Use products that are made especially for children's sensitive skin, such as baby shampoos and soaps that are tear and fragrance-free.
- ✓ Use only toys that are specifically designed for bath time.
- ✓ Do not use bath oils in the bath tub that young children will be using.
- ✓ Keep electric items like razors, curlers, and hair dryers away from the bathtub.

Toilet

- ✓ Keep a watchful eye on your child when he/she is in the bathroom.
- ✓ Install toilet seat locks to keep children from opening the lid.

Medicine

- ✓ Leave medicines in their childproof and labeled containers; if some aren't in safety containers, store them on a shelf well out of a climbing child's reach. When possible, keep in a locked cabinet.

Burns

- ✓ Turn down the water heater to a maximum of 120 degrees Fahrenheit to limit the risk of scalding. You should be able to hold your hand under the faucet with only the hot water running.
- ✓ Teach toddlers not to touch the water controls.
- ✓ Teach older children the difference between the hot and cold controls and carefully supervise as they use water in the sink or bath.

Public Restrooms

- ✓ When away from home, **always** accompany and stay with your child.

Cleaning Supplies

- ✓ Make sure **all** cleaning supplies are kept in cabinets with childproof locks or stored in high and a hard-to-reach cabinet.
- ✓ Store **all** cleaning products in their original labeled, childproof containers.

Water Safety

Swimming Pools

- ✓ Never leave child unsupervised near pool.
- ✓ Completely fenced in pool area, using lock out of child's reach.
- ✓ Always remove pool covers **completely** before using pool.
- ✓ Do not use flotation devices in place of supervision.
- ✓ Learn CPR.
- ✓ Keep telephone and rescue equipment by pool.

Hot tubs, Spas, and Whirlpools

- ✓ Lock safety cover when spa is not in use.
- ✓ Use dual drains and drain covers,
- ✓ Keep temperature below 104°F.
- ✓ Have professional regularly checked equipment.

Playground and Outdoor Safety

Make sure children:

- ✓ Wear helmets with chinstrap and buckle when bicycling or skating.
- ✓ Wears helmet, knee pads, and gloves when skating.
- ✓ Avoid skating and biking on surfaces with water, sand, gravel, or dirt.
- ✓ Do not skate, bike, or play on playground equipment at night.
- ✓ Play in areas away from the street.
- ✓ Obey all traffic and railroads signals.
- ✓ Walk or hike on left side of highway facing traffic.
- ✓ Look all directions before crossing streets,
- ✓ Wear light or reflective material when walking at dusk or nighttime.

Examine playground equipment before allowing children on it.

Things to look for:

- ✓ Protective surfacing-bark mulch, wood chips, fine sand, or fine gravel-6'-12' deep.
- ✓ Swing space: 10-20 foot fall zone in front and behind swings and soft seats on swings.
- ✓ Platforms and elevated surfaces-must have guardrails.
- ✓ Loose or worn hardware.
- ✓ Trash or hazardous material on ground or in sans box.
- ✓ Type of people at park.

Abduction Prevention

- ✓ Know where your children are at all times.
- ✓ Be familiar with children's friends and daily activities.
- ✓ Watch for changes in behavior.
- ✓ Teach children to always ask parent or guardian for permission before going with anyone—familiar or not.
- ✓ Teach the buddy system. Ensure children play and travel in groups.
- ✓ Teach children to trust their own feelings. Make sure they know it's OK to say "NO" to a grown-up if the child feels they are dangerous.
- ✓ Be aware of routes children take to and from school or friend's homes.
- ✓ Always supervise outside play of young children.
- ✓ Do not unnecessarily scare children with regards to abduction and strangers.
- ✓ Teach that even "nice looking" people are strangers.
- ✓ Never allow children to walk around outside at night.

Information provided by GetChildCareNOW.com.
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