



**Protect your baby from unnecessary injury:
Check your home for these safety hazards**



Household Safety

- Post **911**, Poison Control **800-222-1222**, and emergency contact numbers near every phone.
- Lock all medicines (including vitamins and fluoride) and cleaning products in cabinets out of reach at all times.
- Always use manufacturer's guidelines when setting up new equipment. If using secondhand equipment, ensure it meets all current safety requirements and has not been recalled by the Consumer Product Safety Commission: www.cpsc.gov.
- Consider removing guns from your home. Guns should always be stored unloaded and locked, with ammunition locked away separately.
- Provide a smoke-free environment for your child.

Fall Prevention

- Avoid placing bouncy chairs and car seats on furniture, counters, or shopping carts. When using the seat of a shopping cart, fasten the seat belt securely.
- Your baby may learn to roll without warning — always keep baby within reach when he or she is on a changing table, bed, couch, or other high furniture.
- Baby-walkers are no longer recommended due to fall hazard and reachability of dangerous objects. Use stationary activity centers as a safer alternative.
- Use anchors and straps to secure heavy furniture to the wall and keep it from tipping.
- Use corner cushions or table bumpers to cover sharp edges on furniture.
- Install window guards to keep windows from opening more than 4 inches.
- Block access to stairs by installing gates at the top and bottom. Top-of-stair gates should be securely mounted to a wall or banister, not pressure-mounted.

Child Passenger Safety

- Oregon Law states that infants must ride rear-facing in an infant or convertible car seat until they are 1 year old AND 20 pounds.
- Children should ride rear facing in their child safety seat until they reach the upper height or weight limit of the seat. Children riding in a forward facing seat with a harness should remain in that seat until they reach the upper height and weight limits of the seat, before graduating to a booster seat.
- The back seat is the safest place for children under 12, and car seats should NEVER be installed in front of an active airbag.

For additional information or to have your child's car seat inspected, contact the Child Safety Seat Resource Center at 503 643-5620 or www.childsafetyseat.org.

Water Safety

- Baby baths are not safety devices. Never leave a baby unattended in or near water.
- Install toilet lid locks or block access to the bathroom. Drain all collective water sources (tubs, sinks, buckets) when not in use.
- When swimming or boating, always wear a life jacket, and ALWAYS SUPERVISE! Inflatable swimming aids are not a safe substitute.

Fire Safety and Burn Prevention

- Install electrical covers on unused outlets and tuck cords away. Keep appliances unplugged and away from water.
- Install a smoke alarm on the ceiling of every bedroom.
- Install a carbon monoxide detector on every level of your home. Test all detectors once each month.
- Turn your hot water heater down to 120 degrees to prevent scalding.
- Babies under 6 months old should not be in direct sun for prolonged periods. When outside, dress babies in light clothing with hats that shade their faces and necks. If sun is unavoidable, use sunscreen (SPF 15 or higher) and re-apply every two hours.

Choking and Suffocation Prevention

- Infants should ALWAYS be put to sleep on their backs on a firm mattress.
- Keep all window blind cords out of reach.
- Keep all choking hazards out of reach, including uninflated balloons, coins, plastic bags, and small toys intended for older children.
- Supervise children closely during meals and cut all food into pieces smaller than ½ inch.

For more information and tips on making your home safer, stop by the Tom Sargent Safety Center.

Mon-Fri 10 a.m. - 4 p.m.

Childproofing products are on display and available for purchase.

Tom Sargent Safety Center

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DCH 09017 11/11