

Associates in Pediatrics

11551 Nuckols Road, Suite F

Glen Allen, VA 23059

(804) 364-4400

www.AssoiatesInPediatrics.net

SAFETY CHECK-LIST

1. Store all drugs, furniture polishes, and chemicals (insecticides, bleaches, detergents, drain cleaners, etc.) away from food and where children cannot reach them. Lock them in cabinets with Kinder Guard safety latches.
2. Put all medicines safely away after using them. Use child safety caps on all medicine bottles.
3. Double-check labels on medicines before you give or take them. Turn on the lights when giving you child medicine at night.
4. Keep substances in their original containers and never store poisons – such as kerosene and cleaning fluids – in bottles normally used for drinking.
5. Be sure there are no poisonous plants within you child's reach.
6. Glasses used by children should be unbreakable.
7. Turn pot handles toward the back of the stove. If possible, use rear burners and remove the burner knobs when the stove is not in use.
8. Keep you baby and all toys off the kitchen floor when you are cooking. The high chair should be at least two feet away from you working counters in the kitchen.
9. Keep the fireplace screen in place.
10. Keep electric cords of movable appliances (fry pan, toasters, etc.) out of reach so they can not be tripped on or pulled over and the baby can not chew the cord.
11. Make certain all your baby's toys are free of splinters and too big for him or her to swallow.
12. Stay with your pre-school child when he or she is in the bathtub.
13. Keep knives, pointed scissors, needles, pins, tacks, matches, nuts, and bolts out of reach.
14. Furniture and lamps should be heavy enough so that they can not be pulled over easily.
15. Keep hot radiators and pipes covered or insulated.
16. Fit all unused electric outlets with dummy plugs. Check all electrical cords to make sure they are in good condition; neither frayed nor damaged.
17. Keep electrical appliances – especially TV sets – away from the bathtub. (TV that falls into a tub can electrocute.)
18. Keep attic and basement free of oily cloths.
19. Place a gate at the head and foot of the stairs to keep your child from falling down or climbing up the stairs.
20. Keep all stairs well-lit and fitted with firm handrails and treads.

21. Properly screen all windows or bar them to prevent a child from falling out.
22. Keep plastic bags out of children's reach.
23. Slow down and take extra precautions in the 4-7 PM hours when everyone is tired and hungry.
24. Plan to use your car seat until your child reaches 40 pounds.
25. Lower the crib mattress before the baby can sit unassisted. Have it at its lowest point before the baby can stand.
26. Remove the child from the crib when he or she is 35 inches tall.
27. Set your hot water to no higher than 125 degrees F. (or low setting). Exposure to water 127 degrees F will scald in one (1) minute; compared to water 158 degrees F will scald in one (1) second!
28. Do not put necklaces on small children. They can accidentally hang themselves with them.
29. Do not leave or turn your back on an infant on a changing table or open bed.
30. Do not leave your child alone in the tub or near other bodies of water to answer a phone or do other chores. That intended ten seconds can unintentionally stretch to minutes and end in tragedy.
31. All bike riders and passengers, parents included, should wear approved bike helmets. Toddlers should be strapped in a seat that has a high back for support and shields feet from contact with the spokes. Infants less than 6 months should never be carried on a bike. Skateboard riders should also wear bike helmets.
32. All-terrain vehicles (ATV's) are dangerous and should not be used.
33. Riding mowers and tractors are not for recreation. Children should not be given rides.
34. Walkers are potentially a source of injury and if used, should be used with caution.