



# HOME

# *Safety*

**HANDBOOK**

## Home Safety Handbook

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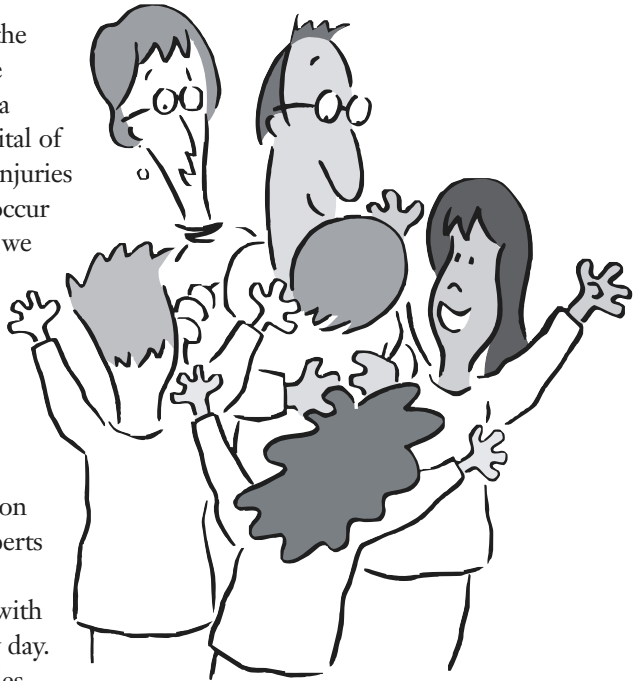
#### Mission Statement

Children's Hospital of Pittsburgh is dedicated to improving the health and well-being of all children through excellence in patient care, teaching and research.

## Children's Hospital of Pittsburgh Home Safety Handbook

**K**eeping children safe is the number one priority of the Benedum Pediatric Trauma Center at Children's Hospital of Pittsburgh. Because most injuries involving young children occur at home, we want to do all we can to encourage parents, guardians and families to make the home as safe as it can be. That's why we have produced the *Home Safety Handbook*.

This easy-to-use information was written by medical experts who specialize in pediatric trauma and treat children with medical emergencies every day. Almost all childhood injuries, including those that are fatal, can be avoided if the proper preventive measures are taken. So please read this handbook and keep it in a convenient place in your home.



For more copies, please call our Pediatric Trauma Center at 412-692-7105 or e-mail us at [BeSafe@chplink.chp.edu](mailto:BeSafe@chplink.chp.edu). For an on-line version of this and additional pediatric injury prevention information, visit our pediatric Injury Prevention Web Site at [www.chp.edu](http://www.chp.edu).

## Before You Bring Your Baby Home

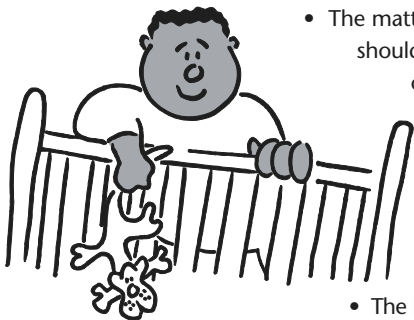
The best time to begin preventing childhood injuries is before you bring your baby home from the hospital. As you prepare for the arrival of your newborn, follow these easy tips to make your home as safe as possible.



### Crib Safety

Selecting your baby's crib is one of the most important decisions you'll make as a new parent. Since your child will spend a great deal of time in her crib, you'll want to be sure it's safe. Use the following guidelines when purchasing a crib or testing the safety of a used one.

- Whether buying a new crib or borrowing a used one, make sure it was made after 1989, which is the year crib safety standards were implemented.
- The distance between the slats of the crib should be less than  $2\frac{3}{8}$  inches to prevent your baby from getting her head caught and possibly being strangled. Make sure there are no missing slats.
- The crib must be free of sharp edges and exposed screws or bolts that could scratch or cut your baby.
- The crib should have no corner posts that stick out that could catch your baby's clothing and potentially cause strangulation or other serious injury.
- In its raised position, the top rail of the adjustable side of a crib must be 26 inches from the bottom of the crib's mattress to prevent falls. In its lowered position, the top rail needs to be at least 9 inches from the crib's mattress support.



- The mattress should fit the crib snugly (less than two fingers should fit between the mattress and sides of the crib). The crib's end panels should extend well below the mattress at its lowest level. This prevents the child from becoming trapped and possibly suffocating in gaps surrounding the mattress.
- Crib sheets must fit tightly in all corners and sides to prevent your baby from getting tangled.
- The latches of the crib's adjustable sides should hold securely. Your child should not be able to adjust or loosen the latches.
- The crib's mattress support should be firmly secured.
- Bumper pads should be secured to the crib with six straps or more. Excess length of straps should be cut off. Remove bumper pads when your baby can stand or kneel.
- The crib's end panels should not have cutout designs that your baby could get stuck in.
- Paint on crib surfaces should be nontoxic.
- Your child should be moved to a bed if she can pull herself up on the railing or climb out of her crib.
- Once you've selected a crib, follow assembly instructions carefully. These instructions should also contain tips for cleaning and maintenance. Keep the instructions for future reference.

## Arranging Your Baby's Room

Arranging the furniture safely in your child's room is a good way to prevent injuries. With a little planning, you can make your child's room hazard-free.

- Do not place your baby's crib or changing table near windows, curtains, blinds, pull-cords, lamps, electrical cords, outlets, appliances (such as fans, heaters or humidifiers) or any other piece of furniture that your child can use to climb out of a crib.
- Avoid dangling electrical cords or extension cords anywhere in your baby's room.

## Cleaning Carpets and Upholstery

While you may want to have carpets and upholstery cleaned to prepare for your new arrival, cleaning chemicals can cause skin rashes and irritation if they come in contact with your baby's sensitive skin. While not all children are sensitive to these chemicals, it's generally better to wait until the baby has adjusted to his new environment.

## Fire Safety

Smoke inhalation is one of the leading causes of death in children. Your baby is helpless in a fire emergency, so you'll want to plan effectively and take all precautions.

- Install smoke detectors where smoke is likely to travel (basement, kitchen and stairways). The alarm should be loud enough to cause your baby to wake up and cry.
- Check smoke detector batteries monthly, and change them at least twice a year. An easy-to-remember plan is to change batteries when you turn the clocks ahead and back each year.
- Put at least one fire extinguisher on every floor of your home and one in the kitchen.
- Maintain all heating equipment. Have your furnace inspected regularly, and change the filter at least once a year.
- Create a fire emergency plan. Decide in advance who will get the baby in case of an emergency.
- Keep chain or rope ladders near windows.
- Draw an escape plan with arrows from each room showing escape routes to at least two exits. Make the routes as short as possible.
- Practice fire drills with the entire family and all babysitters.
- Never leave a small child alone in your home for any reason or any length of time.
- Use only fire-resistant sleepwear.
- Do not use space heaters while your family is asleep.
- Have your fireplace chimney cleaned and inspected once each year.
- Only burn logs in your fireplace. Never burn paper or garbage.
- Teach children how to exit a burning building by staying close to the ground and feeling a door before entering another room (if the door feels hot, do not open).
- Teach children to stop, drop and roll (drop to the ground and roll back and forth) if clothes are on fire. Explain that running could make the fire burn faster.



## Poison Prevention

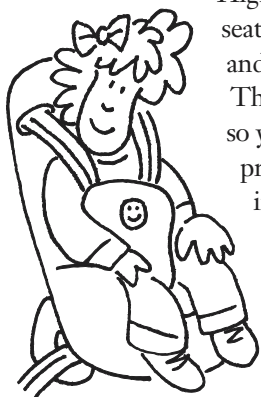
It's never too early to move toxic and poisonous substances out of a child's reach. Get an early start on protecting your child from accidental poisoning.

- Install carbon monoxide detectors throughout your home.
- Move medications, cleaning products, bug killers, fertilizers and fuels to a high shelf or cupboard or to a sealed-off area such as an attic, basement or utility shed. Store dangerous substances in only a few places and *always* keep them out of the reach of children!
- Install locks on drawers, cabinets and doors.
- Every Mr. Yuk® sticker has the telephone number of the Pittsburgh Poison Center, 1-800-222-1222. Place a sticker on or near every phone (including your cell phone) and in every telephone book.
- To obtain Mr. Yuk stickers, send a self-addressed stamped business size envelope to: Pittsburgh Poison Center, 3705 Fifth Avenue, Pittsburgh PA 15213. If you need other poison prevention materials, visit our Web site at [www.chp.edu](http://www.chp.edu).



## Car Safety

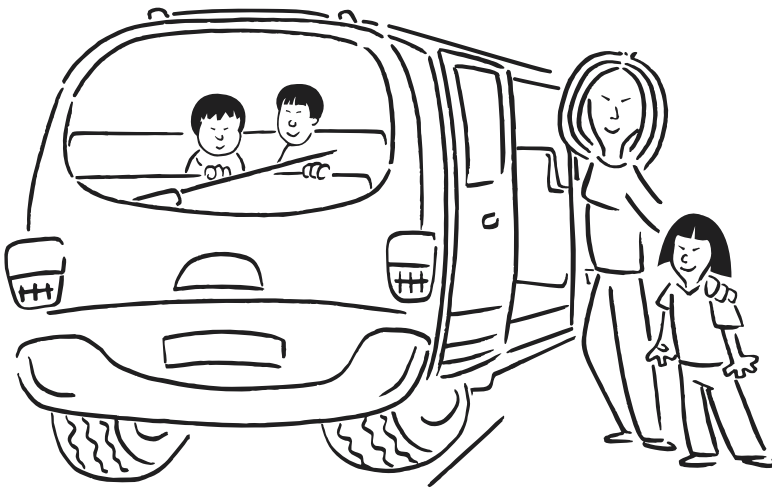
The law requires children who are under the age of 4 or who weigh less than 40 pounds to ride in a car seat. Children's Hospital of Pittsburgh and the National Highway Traffic Safety Administration (NHTSA) recommend car seats or booster seats for children who are 8 years old or younger and for children over the age of 8 who weigh 80 pounds or less. The best time to purchase a car seat is before your baby is born so you can learn how to install and use it properly. Car seats, when properly used, can reduce the chance of death by 90 percent and injury by 70 percent.



There are many different types of car seats on the market for children of different ages. For example, infant car seats (for babies weighing up to 20 pounds) are designed so that newborns face the back of the car. Review our Car Seat Safety Chart on Page 5 for specific guidelines for different ages and weights.

Since a car seat can protect your child only if it's used properly, be sure to follow the manufacturer's instructions carefully. Also, remember these suggestions:

- If your car seat is used, be sure it meets current safety requirements outlined by NHTSA. To obtain a copy of these requirements, visit the NHTSA Web site at [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) or call 1-888-327-4236.
- Make sure the car seat is secure. It should not move more than 1 inch in any direction. To secure the seat, kneel inside it while you strap it into the car and use a tether strap to secure the child's car seat to the vehicle seat (see Tether Straps on Page 5 for more information).
- Make sure harness straps are in the correct slots. They should be tight enough that an adult can fit only one finger under the strap by your baby's collarbone.
- Use the harness clip, and use it correctly. The top of the clip should be level with the child's armpits.



- Babies must ride facing backwards until they reach their first birthday and weigh 20 pounds.
- Don't use a car seat after it's been in an accident. Buy or borrow another one.
- Never hold your baby in your arms as a substitute for a car seat.
- Never use a lightweight plastic baby lounger or baby carrier as a substitute for a car seat.

### ***Tether Straps***

A tether strap is an additional strap that secures the top of a car seat to the vehicle's seat. Car manufacturers began to install attachment anchors in some vehicles in September 1999.

If your vehicle doesn't have an anchor and your car seat doesn't have a tether strap, we recommend that you get them. Contact the manufacturer or dealer of your vehicle for the anchor installation kit and the manufacturer of your car seat for a tether strap installation kit.

### ***Car Seat Safety Chart***

<b>Choosing the right seat for your child</b>		
<b>Approx. Size</b>	<b>Approx. Age</b>	<b>Correct seat and usage recommendations</b>
Up to 20 pounds and 26 inches long	Ages 0 to 1 year	Use a <b>rear-facing infant seat</b> or a <b>convertible car seat in the rear-facing position</b> , and be sure that the shoulder straps are set at or below the child's shoulder level. See manufacturer's instructions.
From 20 to 40 pounds; 26 to 40 inches tall	Ages 1 to 4 years	Use a <b>convertible car seat in the forward-facing position</b> or a <b>non-convertible forward-facing child safety seat</b> . Straps should be positioned at or above shoulder level. Some models have a five-point harness; others use the car's lap-shoulder belt. See manufacturer's instructions.
From 40 to 80 pounds; 40 to 57 inches tall	Ages 4 to 8 years	Most children this size still need a booster to prevent the shoulder strap of a car's seat belt from cutting across their necks or the lap belt from riding above their hip bones. Use a <b>belt-positioning booster</b> or a <b>high-back belt-positioning booster</b> using the vehicle's lap-shoulder belt. The NHTSA has recently announced that shield-type boosters are <b>not</b> recommended. See manufacturer's instructions.

For more information, call the Benedum Pediatric Trauma Center at 412-692-6503 or call the NHTSA auto safety hot line at 1-800-CARBELT.

## When You Bring Your Baby Home

**F**rom the time you bring your child home from the hospital, your baby's care and safety depends entirely on you. Even in the first few months, there are many potential hazards in the home. Whether it's feeding time, changing time, play-time or bedtime, the following safety guidelines will help you give your child the safest care.

### *Feeding Your Baby*

Your baby depends on you for the nutrition she needs to grow. There are a number of safety concerns associated with feeding that you should remember.

- Nursing mothers: avoid alcohol and drugs, except medications prescribed to you by a physician. Inform your physician that you are breast-feeding before a medication is prescribed.
- Don't use a microwave oven to heat a bottle. The contents of the bottle could be hotter than the bottle itself, and the buildup of steam inside a bottle could cause it to burst. Use a pot of hot water or pour hot tap water over the bottle instead.
- After warming, shake the bottle and test the temperature of the bottle's contents by squeezing some onto the inside of your wrist. The contents should feel comfortably warm.
- Never leave a baby alone with a bottle propped in her mouth.
- Never eat, drink, carry or prepare hot foods or beverages while holding a baby.
- Keep hot foods and drinks away from the edges of tables and counter tops.



### *Pacifiers*

If using a pacifier, here are safety guidelines to keep in mind.

- The guard or shield on a pacifier should be large enough to prevent your baby from putting the entire pacifier into his mouth.
- Check the parts of a pacifier frequently to make sure they will not come apart.
- Replace pacifiers often.
- Never hang a pacifier on a cord around a baby's neck or attach it to your baby's clothing with a clip and cord.
- Never substitute the lid and nipple of a bottle for a pacifier.

## Changing Time

Each year, thousands of children receive serious injuries to the head and internal organs from falling off changing tables. Remember that some babies can roll over when they are only a few weeks old. To protect your baby from serious injury, never use a changing table, sofa or bed unless the following precautions are taken.

- Keep one hand on the baby at all times.
- Never leave a child alone on a changing table, sofa or bed.
- A safe alternative to a changing table, sofa or bed is to change the baby on a changing pad or receiving blanket on a clean and comfortable floor.
- Baby powders, oils and lotions can cause illness if swallowed. Do not store these items on a changing table or within a child's reach.
- Do not shake baby powder near a child's face since it's harmful for a baby to breathe in the fine particles of powder. It's best to shake powder into your hand and then rub it onto your baby.



## Baby Carriers

While a baby carrier can be a big help to parents, it also can cause serious injuries if the child accidentally falls out or is knocked down from a high place. Here are a few tips to help avoid injury.

- Always secure a child in a baby carrier with the safety strap.
- Never leave a child alone while in a baby carrier. Take her with you if you must leave the room.
- Avoid placing a baby carrier on or close to the edge of a table or other high surfaces.
- Watch your baby carefully when other children or animals are present.
- Never use a baby carrier as a car seat.



## High Chairs, Playpens, Strollers and Swings

High chairs, playpens, strollers and baby swings are never a substitute for an adult's close supervision. Use the guidelines below for safe use.

- Follow the manufacturer's instructions for assembly, use and maintenance.
- Always secure a baby in a high chair, stroller or baby swing with the safety strap.
- Don't substitute a playpen for a crib. A crib's built-in safety features help protect a baby from injury while sleeping.

## Walkers

Medical experts do not recommend the use of walkers. Injuries as serious as skull fractures, concussions and broken limbs can occur if the walker tips over or if the baby falls down a staircase. However, if you do use a walker, please be sure to use the following guidelines.

- Close and lock doors to stairways and block staircases with gates. Explain to older children that leaving doors open is not safe when a baby is in a walker.
- Use walkers only on smooth surfaces. Edges of carpets, throw rugs and raised thresholds can cause a walker to tip over.
- Never leave a child alone in a walker.
- In a walker, a baby may be able to move around faster and reach more items in the room, including potentially poisonous substances. Constant supervision is essential.

## Car Safety

Using the appropriate car seat (see Page 5) isn't enough. Make sure you remember the following when a child is in your car.

- To prevent a newborn's head from moving while the car is in motion, place a rolled-up receiving blanket around his head and shoulders.
- To prevent sliding, do not place a loose pad under a baby while he is in a car seat.
- To protect a baby from a hot car seat in the summer, place a light-colored blanket or towel over the car seat before placing a baby into it. Be careful not to accidentally brush a baby's skin with a hot car seat buckle or clip.
- In the winter, first buckle the child in a car seat and then place a blanket over the child until the car is heated.
- Never leave a child alone in a car for any reason. The fumes from a running engine can cause serious damage or death. In extremely cold weather, a child can suffer frost-bite if left in a car. In warm weather, a child can suffer heat stroke and dehydration.

## Playtime

For children under the age of 6 months, playtime is about discovery. Since children at this age tend to place objects in their mouths, the risk of choking and suffocation is great. Keep play areas clean, and vacuum frequently to make sure smaller toys and toy parts are not within reach.

To obtain product safety information, contact the Consumer Product Safety Commission at 1-800-638-2772 or visit their Web site at [www.cpsc.gov](http://www.cpsc.gov). In addition to following CPSC recommendations, you should avoid the following toys:

- Crib gyms and mobiles that hang low in the crib
- Toys with small, removable parts that can be pulled off and swallowed
- Stuffed animals and dolls with buttons instead of patches for eyes
- Toys with long handles that can be put in the mouth or poked in an eye
- Pull toys with long cords that can become tangled around a child's head or neck
- Toys made of brittle materials or those that have sharp edges



## ***Bath Time***

If the proper precautions are not taken, bath time can lead to serious injuries including burns and drowning. Be safe by following these recommendations.



- Set the water temperature in the home no higher than 120 degrees Fahrenheit.
- Always test the temperature of the bath water with your elbow before placing your baby in the tub. The temperature should be pleasantly warm. Bathtub thermometers also are available to test water temperature.
- Never add water to a tub while your baby is in it. If you need to add more water, remove the baby first. Be sure to test the water again before placing the baby back in the tub.
- When bathing infants, cradle the child in one arm and use the free hand to wash the baby.
- Use a bath mat or a towel in the base of a bathtub to help prevent the baby from sliding.
- Keep the bathing area free of appliances that could fall into the tub.
- Use faucet covers and bath cushions that attach to the sides of a bathtub to protect your baby from bumps and bruises.
- Never leave a baby alone in a bath (or near any water such as a bucket or toilet) for any reason or for any amount of time. A child can drown in less than 1 inch of water.

## ***Crib Safety and Bed Time***

In addition to the crib safety tips on Page 2, it's a good idea to remember the following.

- Install bumper pads around all four sides of the crib, and attach each bumper pad to the crib with at least six safety straps to ensure a tight fit. Remove the bumper pads after your baby learns to kneel, stand or move around the crib.
- Always keep crib rails up when a child is in a crib. Make sure the side latches are holding securely.
- Never tie or harness your baby in her crib.
- Lower the crib mattress as your baby grows and before she is able to pull herself up.
- Do not put pillows, stuffed animals or thick blankets in the crib. A child can suffocate on a pillow or stuffed animal or use them as steps to climb out.
- Do not use plastic mattress pads. The plastic can cling to her face and cause suffocation.
- Never allow your baby to rest or sleep on a waterbed. A waterbed mattress against a child's face can cause suffocation.
- A child should be moved to a bed when she learns to climb out of her crib or is 32 inches tall. Use guardrails on your child's bed to prevent falls.
- Children under 7 should not be permitted to sleep or play on the top bunk of bunk beds.
- Guardrails on beds should be 3 1/2 inches apart or less to prevent a child from getting stuck.

## ***Portable Crib Safety***

Many of the same recommendations for crib safety apply to portable cribs; however, you should also keep the following in mind when using a portable crib.

- Ensure that the mesh fabric sides are intact. Inspect the fabric frequently for tears.
- The thickness of a mattress pad in a portable crib should not exceed 1 inch.
- Do not use an additional mattress or padding. Infants can get tangled up in extra padding and suffocate.
- Never leave an infant in a crib that has a side folded down. The child could roll into the space between the mattress and the mesh and become trapped.
- Make sure the latches on the crib are in place and locked to prevent the crib from collapsing.
- There should not be any screws, rivets, wing nuts, etc., sticking out of the crib.

## ***Crib Monitors***

A crib monitor provides added safety and comfort when your baby is napping or sleeping. Use these general guidelines with crib monitors.

- Use a safety-tested product.
- Follow the manufacturer's instructions for use and maintenance, and keep the instructions for future use.
- Test batteries regularly.
- Keep the monitor out of your baby's reach.

## ***Tripping and Falling***

Keep pathways and stairways free of toys, shoes and other objects. Don't risk harming a baby by carrying too much at one time. Make additional trips if necessary.

## ***First Aid and Emergencies***

In case of emergencies, keep first-aid kits and flashlights handy and put emergency numbers on or near telephones.

## ***Smoking***

For the health of your baby, your family and yourself, avoid smoking. If you choose to smoke, don't smoke near a baby or any other family member. Second-hand smoke is dangerous to all who breathe it. Another reason never to hold a baby while smoking is to avoid accidental burning.

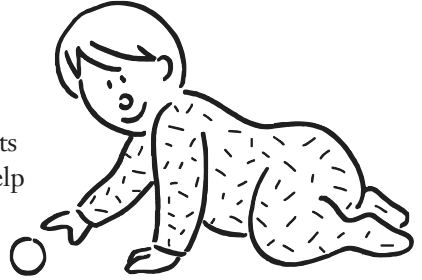
## ***Paint Fumes and Remodeling Debris***

Keep a child out of a room that is being painted, has just been painted or contains furniture that has just been painted. Fumes from paint are harmful to young children. Also, remove a child from a room before starting household repairs or remodeling. The debris caused by the work can cause injury.

## When Your Baby Begins to Explore

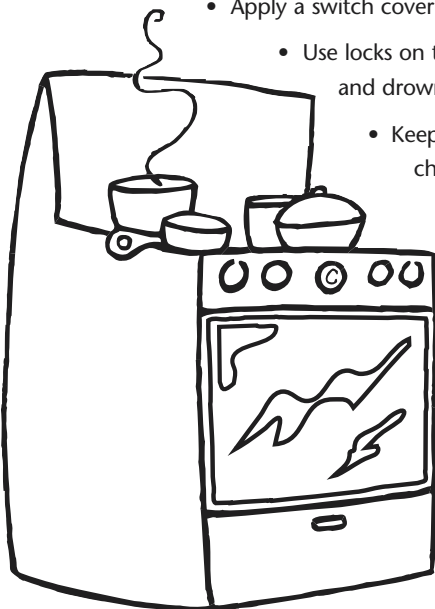
**A**s your baby begins to crawl, climb or walk, his world expands. His new independence and mobility raise a different set of safety concerns. Tiny hands can reach for possible dangers and wobbly legs can give way to potential head and body injuries.

Safety devices are available for virtually every room in your home. Routinely check your home for potential dangers and hazards. Crawl on your hands and knees through each room to see where locks, latches, guards or other safety improvements may be needed. The following suggestions can help you protect curious toddlers and preschool age children from hazards throughout your home.



### Kitchens and Bathrooms

- Always keep everything out of the reach of children.
- Install latches or locks on cabinet drawers and doors containing medicines, poisons and sharp or harmful objects.
- Use safety caps or lids on bottles and jars containing poisons. Move these items to a high shelf or cupboard for extra insurance.
- Do not place appliances near sinks, bathtubs or toilets.
- Install a stove guard to prevent your child from touching flames or hot burners. Make a habit of turning pot and skillet handles inward and away from the edge of the stove.
- If a stove has front controls, apply safety covers over the knobs to prevent your child from playing with them. Watch children carefully when you are cooking to prevent burns.
- Use latches or locks on refrigerators, microwave ovens, dishwashers, compactors, washers and dryers.
- Use padlocks on freezers to prevent a child from getting trapped inside and suffocating.
- Remove doors of refrigerators or freezers when not in use or when discarding.
- Apply a switch cover to your garbage disposal.
- Use locks on toilet seats to prevent a child from falling in headfirst and drowning.



- Keep sharp utensils and appliances out of your child's reach.
- Keep all medications, cosmetics, mouthwash and cleaning products out of reach.
- Place a rubber mat or rubber strips on the bottom of the bathtub to prevent falls.
- Never leave a baby or child alone in the bathtub, even for a few seconds.
- After cleaning the kitchen or bathroom, empty buckets containing water to prevent accidental drowning.

## ***Staircases***

- Use safety gates at the top and bottom of staircases and in doorways to rooms where your child should not go. Make sure the gates are sturdy. Do not use accordion gates.
- Cover doorknobs with safety covers to prevent your child from opening doors that lead to staircases.
- Cover railings on steps, decks and balconies with safety netting to prevent children from falling and getting stuck.
- When your child climbs steps, show her how to crawl backwards down the steps to prevent falls.

## ***Closets***

Use safety latches or doorknob covers on closet doors to prevent your child from becoming trapped inside.

## ***Electrical Outlets and Cords***

- Use plug protectors, guards and plate covers to prevent your child from sticking his fingers or other objects into electrical outlets.
- Hide electrical cords and extension cords with cord covers or wide electrical tape.
- Avoid dangling electrical cords by using cord-shortening devices.

## ***Windows***

- Use safety guards to prevent windows from opening four inches or more. The only exception is for windows that are used as a fire escape.
- If possible, only open windows from the top.
- Use locks on sliding glass doors to prevent a child from escaping.
- Install alarm bars that sound when a child is near windows and sliding glass doors.
- Do not place furniture close to windows.
- Understand that window screens will not prevent a fall.

## ***Fireplaces***

- Watch children closely when using the fireplace.
- Use a heavyweight screen to prevent your baby from getting too close to the fire.
- Cover your hearth's sharp edges with a fire-resistant hearth cover to protect your child from bumps and bruises.
- Make sure your chimney is clean and safe to use. Have it inspected once each year.

## ***Furniture***

- Apply corner guards and edge cushions to prevent head injuries, bumps and bruises.
- Fill a chest of drawers from the bottom up when your child begins to climb. This prevents furniture (especially lightweight furniture) from falling over and trapping your child underneath.
- Place televisions on sturdy stands and as close to the back of the stands as possible.

## ***VCRs***

Use VCR locks to prevent your child's fingers from being pinched or caught inside the cassette area.

## ***Peeling Paint Chips***

Check older homes (those built prior to 1978) for leaded, peeling paint chips. Leaded paint chips and paint chip dust, if swallowed or inhaled, can cause brain damage or poisoning.

## ***Rugs***

For a hazard-free home, don't use throw rugs. However, if you do, use safety tape or a nontoxic sealant to make rugs slip-proof.

## ***Doorstops***

Use a one-piece, rounded-edge doorstop. Doorstops with rubber tips can be pulled apart and swallowed.

## ***Bed Guardrails***

Use a guardrail for your child's bed after she has outgrown her crib. Your child should be moved to a bed when she learns to climb out of her crib or is 32 inches tall.

## ***Plants***

- Keep plants out of your child's reach. Certain types of plants are poisonous.
- Familiarize yourself with the names of all the plants and flowers in and around your home. If your child eats part of a plant, call the poison center at 1-800-222-1222. You will need to tell the poison center the name of the plant your child has eaten.

## ***Pets***

- Always supervise your child when he is around pets.
- Avoid strange, sick or injured animals.
- Keep pet dishes out of your child's reach.
- For information about preventing dog bites, visit the Dog Safety page on our Web site at [www.chp.edu](http://www.chp.edu).



## When Your Child Begins to Reason

**B**y the time your child reaches preschool, she has accomplished a great number of skills — talking, walking, running and playing. She also is learning to reason. It's an appropriate time to begin teaching good safety habits. The suggestions that follow will help you explain why safety habits are good skills for preschool children and elementary school children.

### Playing Indoors

Serious injuries or even death can occur as a result of innocent play. Here are some basic rules to make indoor play safer.

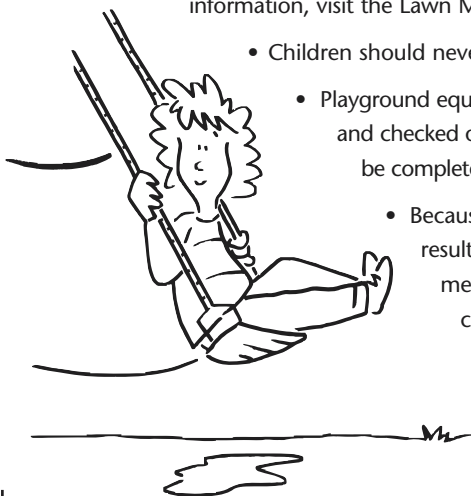
- Don't permit running or jumping in the house.
- Don't permit your child to play in the kitchen or bathroom.
- Help your child understand the difference between indoor toys and outdoor toys.
- If your child is playing hide-and-seek in the house, keep closets, attics and basements sealed off to prevent accidents with harmful objects and substances. Keep refrigerators and freezers locked to prevent your child from hiding inside, getting trapped and suffocating.
- Teach older children which toys are not appropriate for younger children.



### Playing Outdoors

Young children should be watched closely at all times when playing outside. Use the following tips for outdoor safety.

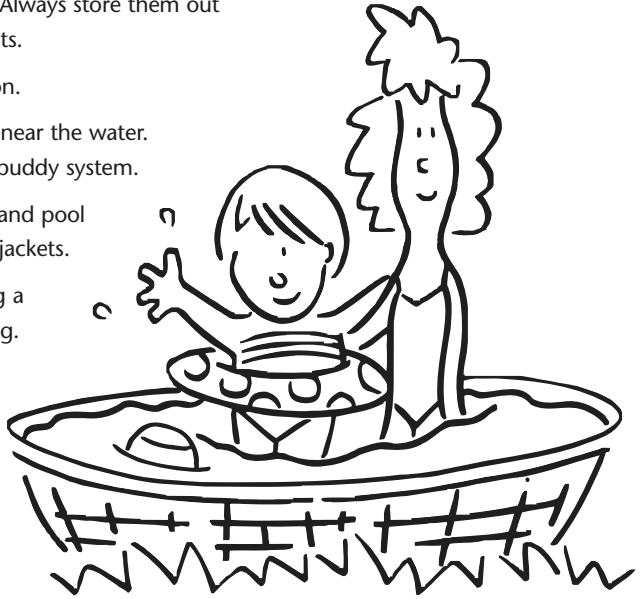
- Check your yard for potentially poisonous mushrooms and plants.
- Yards should be fenced in, and gates should be locked.
- Dangerous substances, such as pesticides, should be kept out of reach.
- Gardening and working tools should be locked away and out of reach.
- Lawn mowers and weed whackers are dangerous. Children should not be outside when you are using this equipment. Children should never ride on a riding mower. For more information, visit the Lawn Mower Safety page on our Web site, [www.chp.edu](http://www.chp.edu).
- Children should never be allowed near gas grills or barbecues.
- Playground equipment should be installed securely in the ground and checked often. Bolts should not stick out and "S-hooks" must be completely closed to prevent strangulation.
- Because nearly 70 percent of playground injuries are a result of falls, the surface under the playground equipment should be soft. Safe surfaces such as mulch, chips, sand or poured-in-place rubber mats should be 9 to 12 inches deep. Teach your child how to use playground equipment properly, and only provide age-appropriate equipment.



## Water Safety

According to the Consumer Product Safety Commission, more than 300 children under the age of 5 drown in residential swimming pools and hot tubs each year, and 3,000 children in the same age group are treated in emergency rooms for submersion accidents. Keep these tips in mind when your child is in or near water — including pools, bathtubs, hot tubs, rivers and lakes.

- Pool chemicals are dangerous. Always store them out of the reach of children and pets.
- Always provide adult supervision.
- Never leave a child alone in or near the water. Encourage children to use the buddy system.
- Flotation devices, water wings and pool toys should not be used as life jackets.
- Never permit swimming during a storm or when there is lightning.
- Children should swim only in supervised or designated areas.
- Never permit a child to swim in a river.
- Make sure you and your child know the depth of the water.
- Do not permit diving or jumping into water that is less than 12 feet deep.
- Keep a phone and emergency numbers near the water.
- Have your child complete a swimming safety program.
- Enforce all pool rules, including no running, pushing or dunking other swimmers.



### If you own a pool or a hot tub, follow these safety tips, too:

- Make sure you have a clear view of the entire pool from your house.
- Install a fence or wall that is at least 5 feet high and completely surrounds the pool. Entry points should be kept locked.
- Invest in a pool alarm that sounds when a child enters the pool.
- Make sure that any handles or latches to gate openings are not easily accessible to young children.
- Follow the manufacturer's directions for the safe installation and use of your pool cover.
- Keep electrical appliances away from the pool and hot tub.
- Store pool chemicals carefully — explosions and burn injuries can occur if chemicals are stored improperly or handled by children.
- Cover hot tubs with self-latching locks when not in use.
- Limit the amount of time children spend in hot tubs. High water temperatures elevate body temperatures of children.

## ***Trampolines***

According to recommendations from the American Academy of Pediatrics, trampolines should not be used in the home or at outdoor playgrounds. Injuries from trampolines are on the rise, with an estimated 75,000 injuries occurring in 1998. Most of these injuries occurred at private homes.

## ***Fire Safety***

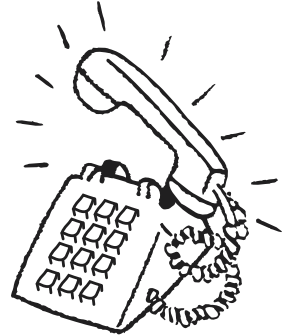
Teach your child about fire prevention as early as possible. Make it clear that fire safety is not a game but serious business. Here are some basic fire safety tips for all families to remember.

- Practice fire drills with the entire family.
- Teach your child how to stop, drop and roll (drop to the ground and roll back and forth) if clothing catches fire.
- Show your child where emergency exits are located in the home, and teach him how to crawl on the ground toward an exit to avoid smoke inhalation.
- Show older children where emergency rope or chain ladders are kept, and teach them how to use them.
- Teach your child never to play with matches. Store matches in the refrigerator or another cool place that is out of your child's reach.

## ***Handling an Emergency***

Since emergencies can happen in the home at any time, your child should be taught how to react accordingly.

- In any emergency, teach your child to alert the parent or adult who is in charge.
- Teach your child 911 or the emergency phone numbers of the local police department, fire department and ambulance service. Also, teach your child to dial the emergency phone number only in situations where an adult has been injured or is unconscious and cannot physically dial the phone for herself.
- Teach your child her name, street address and phone number for identification purposes in an emergency.
- When your child is able to read, write emergency phone numbers, your street address and home phone number on a note next to the phone. In an emergency, your child can call emergency numbers and should be prepared to give the following information:



"My name is \_\_\_\_\_.

I live at \_\_\_\_\_.

My phone number is \_\_\_\_\_. We have an emergency."

The emergency response professional will be able to request additional information.

## **Poison Prevention**

Keep all dangerous cleaning products and poisons out of a child's reach and teach poison prevention in your home as early as possible.

- Use the Pittsburgh Poison Center at Children's Hospital of Pittsburgh, Mr. Yuk and poison prevention materials to teach your child about dangerous substances around the home. For materials, visit us at [www.chp.edu](http://www.chp.edu).
- Everything is potentially poisonous. Teach children to always ask an adult before touching plants, products and medications.
- Keep the phone number of your local poison center on or near all telephones, even your cell phone.



## **Firearm Safety**

One of the most tragic accidents in the home is death or injury due to a gunshot. If you have a gun in your home, please follow these rules:

- Never leave a gun, loaded or unloaded, unattended for any reason. Always store guns in a locked cabinet, case or drawer.
- Children can become confused and imitate the characters they see on television. Explain to your child that a gun is not a toy and can kill.
- Always keep ammunition in a separate location from a gun.
- BB guns can cause injury or death. BB guns are not toys and should only be used by an adult.
- Teach children never to touch a gun and to tell an adult if they find one.

## When You Are Not Home

**B**abysitters — whether they're grandparents, neighbors or teenagers — take your place while you're not at home. It becomes their job to protect your child's safety. Do not underestimate the importance of clear and detailed instructions. The following tips will help you prepare your babysitter for potential problems.

Make sure your babysitter knows the emergency phone numbers in your area and how to reach you in case an emergency occurs. These suggestions will help prepare your babysitter if there's a problem.

- Post emergency phone numbers — including police department, fire department, ambulance service, hospital, physician and poison center numbers — near the phone. Tell the babysitter where the phone numbers are posted.
- Always write down the phone number of the place where you will be, your cell phone number or pager number, and post it near the phone.
- Always leave the phone number of a neighbor or relative to call in case of an emergency.
- Make sure the babysitter knows your street address and phone number for identification purposes.
- Children's Hospital of Pittsburgh's Emergency Department phone number is 412-692-5555.
- The Pittsburgh Poison Center at Children's Hospital of Pittsburgh phone number is 1-800-222-1222.



### Emergencies

- Instruct the babysitter to call an ambulance or the police if she believes an injury is severe.
- The babysitter should contact the police or fire department if she suspects an intruder or a fire.
- In case of a fire, instruct the babysitter to evacuate herself and all children first, then call the fire department from a neighbor's home.
- Point out emergency fire exits, chain and rope ladders, fire extinguishers and smoke alarms.
- In case an ambulance is needed, let the babysitter know which hospital you prefer for your child.
- Tell the babysitter where first aid supplies are located.

## ***Medications and Medical Conditions***

- If your child is taking a medication, write down the time the medication should be taken and the dosage. Let the babysitter know where the medications are kept.
- Tell the babysitter about any special medical condition your child may have, such as asthma or epilepsy. Make sure you explain to the babysitter how an event such as an asthma attack or a seizure should be handled if necessary.

## ***Care and Play Restrictions***

- Review safety precautions that should be taken during routine care, such as bathing, diaper changing or placing a baby down for a nap.
- Tell the babysitter which play activities are permitted in the home and which are restricted to outdoors.
- Indicate what rooms, such as the attic or basement, are off limits to a child. Be sure to lock the doors to these rooms.



## **For More Information**

### ***Safety Products and Safe Toys***

**For a free pamphlet on safety tips and a directory of certified products:**

Juvenile Products Manufacturers Association Inc.  
236 Route 38 West  
Suite 100  
Morristown, NJ 08057  
Phone: 856-231-8500  
[www.jpma.org](http://www.jpma.org)

**For product and toy information and recalls:**

Consumer Product Safety Commission  
Phone: 800-638-2772  
[www.cpsc.gov](http://www.cpsc.gov)

**For information on selecting safe toys for infants and children:**

Toy Manufacturers of America, Inc.  
1115 Broadway  
Suite 400  
New York, NY 10010  
Phone: 212-675-1141  
[www.toy-tma.org](http://www.toy-tma.org)

**To obtain catalogs of various child-tested home safety products:**

*Perfectly Safe Catalog*  
Phone: 800-837-KIDS (5437)

*The Right Start Catalog*  
Phone: 800-548-8531

### ***Home Safety Books***

*Babyproofing Basics: How to Keep Your Child Safe* by Vicki Lansky  
Phone: 800-255-3379

*The Perfectly Safe Home* by Jeanne E. Miller  
Phone: 800-837-KIDS (5437)

### ***Poison Prevention Materials***

**For Mr.Yuk® stickers and poison prevention educational materials and games:**

Pittsburgh Poison Center  
Children's Hospital of Pittsburgh  
3705 Fifth Avenue  
Pittsburgh, PA 15213  
Phone: 412-692-5315  
[www.chp.edu](http://www.chp.edu)

**For information on lead safety:**

National Lead Information Clearinghouse  
Phone: 800-424-LEAD

## ***Related Web Sites***

Alliance to End Childhood Poisoning  
[www.aeclp.org](http://www.aeclp.org)

Bicycle Helmet Safety Institute  
[www.bhsi.org](http://www.bhsi.org)

Center for Public Safety and Injury Prevention  
[www.albany.edu/sph/injury](http://www.albany.edu/sph/injury)

Child Welfare League of America  
[www.cwla.org](http://www.cwla.org)

Children's Safety Network  
[www.edc.org/HHD/csn](http://www.edc.org/HHD/csn)

Citizens for Reliable and Safe Highways  
[www.trucksafety.org](http://www.trucksafety.org)

Coalition for American Children  
[www.connectforkids.org](http://www.connectforkids.org)

Consumer Product Safety Commission  
[www.cpsc.gov](http://www.cpsc.gov)

Consumer Product Safety Commission's Product Recall Page  
[www.cpsc.gov/cpscpub/prerel/prerel.html](http://www.cpsc.gov/cpscpub/prerel/prerel.html)

Dr. Paula's Recall Page  
[www.drpaula.com/recalls/index.html](http://www.drpaula.com/recalls/index.html)

Emergency Medical Services for Children  
[www.ems-c.org](http://www.ems-c.org)

Injury Free Coalition for Kids  
[www.injuryfree.org](http://www.injuryfree.org)

Injury Prevention Web Site at Children's Hospital of Pittsburgh  
[www.chp.edu](http://www.chp.edu)

National Center for Infants, Toddlers and Families  
[www.zerotothree.org](http://www.zerotothree.org)

National Center for Injury Prevention and Control  
[www.cdc.gov/ncipc](http://www.cdc.gov/ncipc)

National Fire Prevention Association  
[www.nfpa.org](http://www.nfpa.org)

National Highway Traffic Safety Administration  
[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)

National Program for Playground Safety  
[www.uni.edu/playground](http://www.uni.edu/playground)

National Safe Kids Campaign  
[www.safekids.org](http://www.safekids.org)

***Related Web Sites*** (continued)

National Safety Council

[www.nsc.org](http://www.nsc.org)

Parents Against Tired Truckers

[www.patt.org](http://www.patt.org)

Pittsburgh Poison Center at Children's Hospital of Pittsburgh

[www.chp.edu](http://www.chp.edu)

Safe N Sound Kids

[www.safesoundkids.com](http://www.safesoundkids.com)

Shaken Baby Alliance

[www.shakenbaby.com](http://www.shakenbaby.com)

Violence Policy Center

[www.vpc.org](http://www.vpc.org)

## **The Benedum Pediatric Trauma Center at Children’s Hospital of Pittsburgh**

The Benedum Pediatric Trauma Center was established at Children’s Hospital of Pittsburgh in 1984. The program takes a three-part approach to trauma:

- Provide specialized emergency medical care and treatment for children who are the victims of trauma, which is any injury to the body;
- Research the causes, frequency and outcomes of pediatric trauma; and
- Educate adults and children about injury prevention.

The program is accredited by the Pennsylvania Trauma Systems Foundation as a Level 1 (highest level) Regional Resource Pediatric Trauma Center. Children’s Hospital is one of only 15 accredited pediatric trauma centers in the country and one of only two in Pennsylvania.





*Tear out and place near phone.*

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## **Emergency Phone Directory**

Police Department \_\_\_\_\_

Fire Department \_\_\_\_\_

Ambulance Service \_\_\_\_\_

Pediatrician \_\_\_\_\_

Family Physician \_\_\_\_\_

Poison Center \_\_\_\_\_

Hospital \_\_\_\_\_

**IF YOU HAVE KIDS,  
BE GLAD YOU HAVE CHILDREN'S.**



Children's  
Hospital of Pittsburgh

3705 Fifth Avenue  
Pittsburgh, PA 15213-2583  
[www.chp.edu](http://www.chp.edu)