



Household

- Store all exercise equipment in a room that can be locked away from children (equipment can be a crushing hazard and cords can be a hanging hazard).
- Childproof latches – use these for cabinets and drawers containing dangerous or fragile items.
- Cord shorteners – use with blinds and electric cords to eliminate twisting, tripping or strangling.
- Cushioned corner covers - for tables, countertops, and other sharp corners.
- Electric outlet covers – it's amazing what those little fingers can get into, so don't let them get zapped.
- Gates – for use around stairs, balconies, or other areas of caution.
- VCR lock – because it's made for movies, not sandwiches!
- Window guards – these should be loose enough for older kids to get them undone in case of an emergency.
- Loose rugs should be taped down or removed.
- Discuss emergency escape routes.

Kitchen

- Keep breakable items like glasses and plates in lockable cabinets or out of reach.
- Knives and sharp tools should be kept in latched drawers.

Bathroom

- Cushioned faucet guard – no head bumps here!
- Slip-proof mat or non-skid appliqués – keep those feet on solid ground.
- Toilet latches – because toddlers are top heavy and can easily drown.
- Store all medications, cosmetics, mouthwash, razors, etc. safely out of reach.
- Special Note: Set hot water heaters at no more than 120 degrees to reduce the chance of a burn.

Yard

- Fence in swimming pool and other dangerous areas.
- Check outdoor play equipment, fences and gates for protruding bolts or loose nuts.

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Strangulation Prevention

1. Don't tie pacifiers or other objects around a baby's neck.
2. Don't have children wear scarves or hoods to the playground; they might get caught in the equipment.
3. Tie window blinds out of the reach of children.
4. Remove vertical blind chains.
5. Keep extension and appliance cords out of reach.
6. Don't use accordion style child safety gates; they have been known to spread out and trap children's heads.
7. Never place a crib, bed or other object near a blind or drapery cord.
8. Don't use mobiles that have dangling cords.
9. Don't use toy boxes that can slam down on a child's neck.
10. Never remove the centre strap from a high chair, car seat, or swing because a child can easily slip through and be strangled from the waist strap.

