

Colorado Childproofers, LLC

*Your Childproofing Pros!*TM

1139 West Enclave Circle

Louisville, CO 80027

Phone 303-726-6828

Fax 303-379-6909

Web Site www.ColoradoChildproofers.com

Email info@ColoradoChildproofers.com

DO YOU KNOW THESE CHILD SAFETY TIPS?

NOTE: As a service for our clients, we offer this Child Safety Tips sheet for parents for their use for determining how best to childproof their home and the items that they may want us to childproof. Please be aware that we have tried to make this list as comprehensive as possible, but do not assume that we have covered all possible hazards or possible ways to address them.

Childproofing does not remove the need for continuous parental monitoring and control. Just stepping out of room can result in injuries or harm to your child. Always keep in mind that they can be faster than you think. **NOTE: There IS NO substitute for continuous and adequate adult supervision of children.**

It is your responsibility as a parent or guardian to ensure that your home is safe for your children at all times, including when you have someone else like a babysitter or family member or friend watch them while you are away. Further, the Customer understands that Colorado Childproofers, LLC is held harmless and not responsible for any injury or any other harm in the home that may occur to the child, children or adults from this checklist and the possible installation of Childproofing goods, safety measures taken or possible missed items. Be aware that conditions of the equipment or home can change immediately after the installation has been completed, or that someone may ignore or override the safety features installed.

Toothpaste with fluoride, read warning label, keep out of the reach of children under 6 years of age.

If child swallows more than a pea-sized amount (recommend amount under 6 yrs. for brushing), seek professional help or contact a poison control center immediately. Toothpaste has no childproof cap, don't leave out on vanities should be in locked cabinets.

Do you know what common household seasoning is dangerous to small children?

Salt – one to two teaspoons ingested by a 25 lb. Child can cause irritability, lethargy, and possibly seizures; more than 1-½ tablespoons can be lethal. Locking up cabinets and pantries are very important, because children love to explore and take out items from these areas.

Pots and pans should be stored in locked cabinets.

Children should not be allowed to play with pots and pans, these items are not toys they are cooking utensils. If you allow your child to play with a pot and call it a drum you're sending the wrong message to the child, why is it ok to play with them on the floor, but not ok to reach and pull them off the stove? We should be doing the opposite every time you cook reinforce the concept hot no touch, keep pots out of the reach to children.

Wicker can be a choking hazard to small children.

Baskets, chairs, and many other items are made for children using wicker, if these items start getting frayed with loose pieces that can be broken off, a child can break off a small piece and choke. If you have these items in your home check for loose pieces, break off, and throw away before a child does.

Butcher Block knife holders on counters can be hazardous.

We forget when we carry a baby around the kitchen they have access to items on top of kitchen countertops. When you turn your head for a second, they can reach and grab a sharp knife from the butcher block before you realize it! If this happens, don't try to grab the knife by the blade. Instead, squeeze the baby's wrist so baby will release the knife.

Supermarket plastic bags can cause suffocation.

Do not use these bags as liners in wastebaskets in nursery or bathrooms. These bags can cause the same hazard as dry cleaning plastic. They should not be used in homes with small children.

Magnets on refrigerators are not a good idea.

If they fall to the floor, they may break or the magnet can fall off and baby will pick it up and choke on it. Business card type magnets are better because they can't break or magnets can't come loose if they fall and they are larger eliminating the choking hazard.

Poisonous substances locate and move out of reach, and lock up in cabinet.

Vitamins, alcoholic beverages, shampoos, lotions, medicines, mouthwash, cleaning products, air fresheners, etc. Keep your local Poison Control Center's number posted by your telephone.

All types of crib attachments should be installed on the wall side of the crib.

If not, the attachment can be used by baby to climb up and out of the crib.

Keep pocketbooks in a safe place - not on the floor.

Both the contents and carrying strap present hazards for small children, who like to explore in pocketbooks.

Keys contain enough lead to be hazardous to children.

We know it is popular to let kids play with keys, it is better to have them play with plastic keys. Further, as a safety precaution, always wash your hands after handing keys.

Children can open most “childproof” caps in about seven minutes.

Always make it a habit to properly store any medication.

Stuffed animals are a haven for dust, dust mites, and germs.

Wash or shake these toys frequently to avoid illnesses.

Keep perfumes and colognes away from children.

Four ounces of perfume is enough to kill a 20-pound baby.

Any object that can fit through a bathroom tissue paper roll can choke a toddler.

Don't give children candy taken from a purse.

Since purses often contain medicines, children can easily mistake them for candy.

Everything should be kept in its original container to avoid mix-ups between food items and poisons.

For example, Pine Sol can be mistaken for apple juice.

Removable electrical outlet receptacle covers pose a choking hazard to children.

Even though most of these devices meet the size requirements of the United States Consumer Product Safety Commission, children have been known to get these into the mouth and then pose a choking hazard. Further, from a practical standpoint, these devices are usually very difficult to pull out of an outlet and you are prone to forget to reinstall them. Colorado Childproofers will not install these devices. The better way to go is to use a shutter-type outlet cover plate. These devices are safe, automatic and easy to use.

KITCHEN SAFETY

Your kitchen poses many dangers to your child, including poisonous materials, choking hazards and hot surfaces. It is best to avoid making the kitchen a play space and, in general, minimize the amount of time your baby spends in the kitchen. Make the area as uninteresting as possible to curious toddlers and follow these guidelines:

- ◆ Cabinets and drawers contain many hazards, such as cleaning supplies that are toxic, plastic bags which pose a suffocation and choking hazard, breakable and sharp objects, and food that

can be a choking hazard. Be sure to lock all cabinets and drawers to keep baby safe from the contents. Also move all cleaning supplies, including dishwasher detergent to a locked closet or a cabinet that is up high and out of baby's reach.

- ◆ Spices and seasonings can be dangerous, including salt, as well as vanilla and cooking wine for their alcohol. Be sure to keep those items in a locked cabinet or drawer.
- ◆ Butcher block knives can be dangerous, even when they are on a counter top and seemingly out of baby's reach. Your child can reach for the knives while you are carrying him or her so it is best to keep them in a locked cabinet or drawer.
- ◆ Ovens and stoves are hot and can burn baby. It is a good idea to use the back burners of your stove whenever possible and remember to turn pot and pan handles in, and away from the edge of the stove. Reinforce with your toddler that the oven is hot and he or she should not touch it. To prevent burns and accidental fires, keep your counter top appliances unplugged when not in use and keep your oven and stove knobs locked.
- ◆ Another way to prevent burns is to keep hot tea and coffee cups away from the edges of tables and counters.
- ◆ Keep appliances such as refrigerator, dishwasher and garbage disposal locked to prevent your baby from accessing sharp or breakable objects as well as choking hazards.

BATH SAFETY

The bathroom can be fun during bath time, but there are many areas that are also hazardous. Read these safety tips to help keep your little one safe:

- ◆ Drowning can occur in less than 2" of water. NEVER leave a child unattended in a bathtub, not even for a moment; nor should a child be left in the bathtub in the care of an older sibling. Also, keep all toilets locked.
- ◆ To prevent burns set your hot water heater to 120° Fahrenheit or lower. Always check water temperature before placing your baby in the tub. Swirl water around with your hand to eliminate any hot spots. If you need to have hotter water in your home, seriously consider using an anti-scald bath spigot and shower head adapter.
- ◆ Put on to the bath tub spigot a soft spout cover to prevent head and body injuries.
- ◆ Prevent your toddler from bumping his or her head by using a spout cover.
- ◆ Keep cabinets and drawers locked to prevent children from accessing toothpaste, perfumes, soaps, lotions, deodorant, mouthwash, etc – all of which can be dangerous if ingested. Also, store razors and razor blades in a locked cabinet or drawer. In the tub, keep soaps and shampoos out of baby's reach.
- ◆ To prevent poisoning, do not rely on child-resistant caps to prevent your child from accessing medicine. Keep all medicines, including vitamins, in a locked closet or up high and completely out of reach.
- ◆ Never use syrup of ipecac in the event your child accidentally swallows a toxic substance. Contact your local Poison Control Center (Colorado Phone Numbers number 303-739-1123 or 800-222-1222) or call 911.
- ◆ Prevent slips in the bathroom by placing slip-resistant mats in the tub and a slip-resistant pad under bath mats.

LIVING ROOM / PLAY ROOM SAFETY

Allow your child to play and explore without hearing “no, don’t touch” every step of the way. When you baby-proof your home, your curious child can explore and experience new things in a safe environment.

- ◆ The hard, sharp edges of coffee tables and end tables can pose a hazard to crawling babies, and even walking toddlers. Be sure to pad corners and edges to avoid injury.
- ◆ Be sure to also pad the brick edges of a fireplace, which can be dangerous. Keep all fireplace accessories, fire wood and matches out of reach. Always keep your child away from the fireplace while a fire is burning.
- ◆ Cover all outlets to prevent an electrical shock.
- ◆ Blind cords can pose a strangulation hazard to children. Wrap up excess blind cords to keep them out of reach.
- ◆ Window screens cannot support the weight of a child, and are not intended to do so. Keep windows locked and keep children away from open windows.
- ◆ Keep electrical cords out of child’s reach by tucking them behind a piece of furniture when possible or with a cord shortener.
- ◆ Cover power strips to prevent your child from accessing exposed outlets and pulling out plugs.
- ◆ Prevent your child from pulling furniture (e.g., dressers, bookcases, entertainment systems, free-standing ranges) onto him- or herself self by securing or tethering it to a stud in the wall.
- ◆ Lock your VCR to prevent little fingers from getting stuck, and possibly cut.
- ◆ Only give the baby toys that are suitable for his or her age. Keep the toys of older siblings out of reach, as they may pose a choking hazard.
- ◆ Move heavy and breakable items out of baby’s reach.
- ◆ Regularly survey the area for potential choking hazards, such as buttons, coins, plant leaves and dirt, etc.

NURSERY / BEDROOM SAFETY

The nursery is your baby's own special place. Make the area safe for sleeping and for playtime by following these safety tips:

- ◆ Use only a crib that was manufactured within the last 6 years to insure that it meets the most recent safety standards.
- ◆ To prevent suffocation and strangulation, be sure that the crib sheet stays tightly in place. Don't keep pillows, extra toys, stuffed animals, or blankets in the crib. When your child is a newborn they could pose a suffocation hazard. Then, when your child is older and can pull herself up, these items as well as crib bumpers, can create a "stepping stool" for toddler to get out of the crib. Also, hang toys only on the side of the crib that is next to a wall, for this same reason.
- ◆ Place baby to sleep on his or her back to prevent suffocation.
- ◆ Do not place any wall-hangings above the crib. Your child could pull these items down onto himself.
- ◆ Cover all outlets to prevent an electrical shock.
- ◆ Blind cords can pose a strangulation hazard to children. Do not position the crib near a window. Wrap up excess blind cords to keep them out of reach.
- ◆ Window screens cannot support the weight of a child, and are not intended to do so. Keep windows locked and keep children away from open windows.
- ◆ Keep electrical cords out of child's reach by tucking them behind a piece of furniture when possible or with a cord shortener.
- ◆ Furniture, even wide dressers, can be very easy to tip. Toddlers open drawers and use them as a ladder to reach items that are on top of a dresser. These open drawers, plus the weight of a toddler, can make even the sturdiest of dressers tip over. Secure furniture to a stud in the wall to prevent tipping.
- ◆ Moving a child to a bed is not recommended until the age of two. Thereafter you can use a portable bed rail to safely secure a child over the age of two.
- ◆ It is recommended that only children over two years of age be transitioned into an adult or toddler bed. For added security, utilize a portable bed rail.

STAIR AND HALLWAY SAFETY

Even though we're just passing through these areas, they should be baby-proofed too! Falls from stairs are especially dangerous, so be sure to install gates before or as soon as your baby starts crawling.

- ◆ Be sure to install a gate at the top of each stairway to prevent falls. Never use a pressure-fit gate at the top of the stairs, but rather a gate that can be mounted with hardware.
- ◆ A child only needs to fall from a few stairs to be seriously injured, so be sure to use a gate at the bottom of the stairs as well. It's OK to teach your child how to climb the stairs but she should only do so when you're right behind her, every step of the way. Use a hardware-mounted or pressure-fit gate at the bottom of the stairs.
- ◆ Cover all outlets in the hallway to prevent an electrical shock.
- ◆ Lock any closets that may contain dangerous items, such as dry cleaning bags which pose a suffocation hazard, cleaning supplies, medicines, etc.
- ◆ If there is a balcony on the second floor of your home and the banisters are spaced too widely apart (more than 3"), be sure to cover the balcony to prevent falls.

CAR SAFETY

Did you know that over 80% of car seats are installed incorrectly, according to the National Highway Traffic Safety Administration? Installing your baby's car seat can be a difficult task, so it is very important to read and follow the manufacturer's instructions carefully. Consider having a certified car seat technician inspect your child's car seat once you've installed it. Contact your local police station for assistance in finding a technician near you. Also review these safety tips for proper car seat use:

- ◆ Always be sure your child is buckled safely in a car seat on every trip, no matter how brief.
- ◆ Never place a car seat in the front passenger's seat of the vehicle. The rear seating location is the best location for placing your child.
- ◆ Your baby should be in a rear-facing position from birth until he or she has reached at least 1 year of age and weighs a minimum of 22 pounds, as recommended by the American Academy of Pediatrics.
- ◆ Your child should be in a forward-facing car seat until he or she is approximately 40 lbs.
- ◆ Your child should then be in a booster seat until he or she is 80 lbs.
- ◆ Infant-only car seats are manufactured to be rear facing only.
- ◆ Once installed, you should not be able to move the car seat more than 1" in any direction.
- ◆ Car seats, when installed properly, should be positioned at a 45-degree angle.
- ◆ Car seats with snug harnesses fit the baby best for safety. Harness straps should be snugly adjusted.
- ◆ Don't place baby on a pillow or wrap baby in a bulky blanket or jacket, as these may prevent the harness from fitting properly. Buckle baby in safely first, then put blankets over him or her.
- ◆ It is recommended that children under the age of 12 should sit in the back seat.

OTHER AREAS OF CONCERN

- ◆ There are many dangers lurking in the laundry room, including the dryer, detergent, and dangerous items that may be stored there. Be sure to keep the door to the laundry room or laundry closet locked.
- ◆ Home offices are particularly challenging to baby-proof because there are so many hidden dangers, including cords, filing cabinets, paper clips, staples, etc. It is best to keep your child away from the home office area entirely by locking the door or placing a gate in the doorway. If your child must be in the home office, be sure to use power strip covers, cover electrical outlets, secure tall bookshelves to the wall, lock filing cabinets and keep all choking hazards such as pen caps, push pins, etc. in a locked drawer.
- ◆ If your family spends time on an outside deck, be sure to make the area safe. Install a gate at the top of the stairs as well as a stair rail netting to prevent falls (link to gates and show 11796). Sand down any wood banisters or boards that may splinter. Clean off any rusted areas. Keep your child away from the grill when barbequing.
- ◆ Be sure to install a smoke alarm on every level of your home and outside each sleeping area. Change the batteries when you change your clocks for daylight savings time and test them once a month. If your home uses gas for cooking or heat, be sure to also install a carbon monoxide detector. Carbon monoxide is especially dangerous because it is colorless and odorless, making it a silent killer.
- ◆ Basement stairs are very dangerous. Be sure to lock your basement door or install a hardware-mounted gate at the top of the stairs.
- ◆ If you have a pool, to prevent drowning make sure there is a locked fence surrounding it to prevent your child from accessing the pool unsupervised. Drain all kiddie pools when not in use. Also, if there is a hot tub in your home, make it off-limits to children. Drain the water when not in use or keep the cover or door locked.
- ◆ Do not leave buckets with water or other fluids around inside or outside the home, especially the 5 gallon ones. It is very easy for a child to want to look inside it and they can easily fall into the bucket.