

General Home Safety

Check off what you are already doing, circle what you would like to try

Prevent burns

- ☐ Install a screen or hearth gate in front of fireplace/gas fireplace

Prevent choking/suffocation

- ☐ Never leave baby unattended during feeding
- ☐ Always supervise children while they are eating
- ☐ Avoid small round foods (e.g. nuts, hot dogs, whole grapes, hard candy, popcorn)
- ☐ Keep blind/curtain cords out of reach
- ☐ Keep plastic bags out of reach or tied in knots

Prevent falls

- ☐ Put infant seats on the floor, never on elevated surfaces
- ☐ Keep furniture and other climbing hazards away from windows
- ☐ Use window guards to prevent opening more than 10 cm (4 inches)
- ☐ Secure TV and tall furniture to wall (e.g. bookcase, dressers)
- ☐ Keep stairs and doorways clear of clutter and loose carpeting
- ☐ Mount safety gates to the wall at top and bottom of stairs

Prevent fire

- ☐ Install smoke and carbon monoxide detectors on every level of home
- ☐ Test detectors regularly and change batteries every 6 months
- ☐ Never leave burning candles unattended and keep them away from children, pets, furniture and curtains
- ☐ Keep lighters and matches out of reach

Prevent poisoning

- ☐ Keep chemicals, beauty products, medications, batteries, magnets and cleaning products out of reach
- ☐ Keep house plants out of reach
- ☐ Check for lead (in water and paint) and asbestos in older homes

Prevent electrical shocks

- ☐ Install plug covers in unused electrical outlets
- ☐ Keep electrical cords out of sight behind furniture

Second-hand products

- ☐ Ensure products are not expired, banned, recalled or damaged
- ☐ Follow manufacturer's instructions for all products
- ☐ Do not use or purchase car seats with an unknown history
- ☐ Do not buy or use cribs with sides that drop down



Be prepared

- Call **911** in an emergency
- Keep important phone numbers, including:
 - Ontario Poison Centre
1-800-268-9017
 - Telehealth Ontario
1-866-797-0000
TTY: 1-866-797-0007
- Get a first aid kit, know where it is and how to use it
- Take a course in first aid and CPR

For more information contact:

Toronto Public Health

416-338-7600

TTY: 416-392-0658

toronto.ca/health

Parachute Canada:

Preventing Injuries. Saving Lives.

parachutecanada.org,
click on "Injury Topics"

Health Canada

Product Safety General Inquiries

1-866-225-0709

Recent recalls and alerts

(including toys)

healthycanadians.gc.ca

Canadian Partnership for Children's Health and Environment

www.healthyenvironmentforkids.ca

*Adapted with the permission of The Regional Municipality
of Waterloo (Public Health and Emergency Services).
Available in accessible formats upon request.*

TIPS to make your home safer for YOUNG CHILDREN



416.338.7600
toronto.ca/health

 **TORONTO**
Public Health

Supervise children in your home to keep them safe

Get on your hands and knees, look at the area from a child’s point of view and remove possible hazards • Check off what you are already doing, circle what you would like to try

Where do you start?

- Learn how injuries can occur as children grow
- Create safer places for children
- Watch children closely
- Create and follow family safety rules

In the Bathroom

Prevent burns and cuts

- ☐ Keep electrical appliances and sharp objects (e.g. razors) out of reach
- ☐ Set hot water tank temperature at 49°C/120°F. Install anti-scald devices if you live in an apartment
- ☐ Always test water temperature before putting a child in the bathtub
- ☐ For homes with hot and cold water taps, turn off the hot water tap first and the cold water tap last

Prevent falls

- ☐ Use a non-slip mat on floors and in the bathtub
- ☐ Wipe up spills on the floor

Prevent drowning

- ☐ Put toilet seat lid down and close bathroom door when not in use
- ☐ Supervise child and stay within arm’s reach when child is in the bathroom or bathtub
- ☐ Empty water from bathtub after use

In the Bedroom

Crib safety

- ☐ Make sure crib meets safety standards and is in good condition

Prevent choking/suffocation

- ☐ Do not use drop-side cribs
- ☐ Place infant on their back to sleep
- ☐ Place infant on a separate sleep surface that is flat and firm (e.g. crib/bassinet)
- ☐ Keep toys, pillows, loose bedding, or bumper pads out of the crib

Prevent falls

- ☐ Keep one hand on child when using diaper change table
- ☐ Keep cribs, beds and other furniture away from windows and balconies
- ☐ Move child to a bed when child can climb out or is taller than 90cm (35 inches)
- ☐ Keep children under 6 years of age off the top bunk of bunk bed

In the Kitchen

Prevent burns

- ☐ Keep child in a safe place when cooking or handling hot liquid and/or food
- ☐ Cook on back burners of stove and turn pot handles inward
- ☐ Keep hot food and liquids at the back of the counter, and away from the table edge
- ☐ Test temperature of food before feeding your child

Prevent cuts and bruises

- ☐ Lock cupboards/drawers that contain sharp, heavy or dangerous items
- ☐ Keep heavy items (e.g. pots) at the bottom of cupboard
- ☐ Keep knives and glassware out of reach

Prevent poisoning

- ☐ Store cleaning products out of reach in a locked cupboard

While Playing

Prevent animal bites

- ☐ Watch your child when pets are near

Prevent choking/suffocation

- ☐ Make sure toys are age appropriate
- ☐ Examine toys for hazards, such as loose parts, broken pieces, or sharp edges
- ☐ Keep small toys and objects out of reach (e.g. balloons, beads, coins, batteries)

Prevent poisoning

- ☐ Use non-toxic crayons, markers, paint and water based glue
- ☐ Avoid plastic toys that contain BPA and phthalates
- ☐ Follow manufacturer’s instructions for safe use of product

